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D.C. looks to get back to business

U.S. Senate passes legislation to end 16-day government shutdown PAGE 14

Muchas gracias, compadres

Mexican papers shower U.S. with thanks for saving Mexico in World Cup qualifying PAGE 12

ALL THAT JAZZ — AND MORE

MARKING 10 YEARS, HEART OF THE CITY FESTIVAL LOOKS BACK ON OUR ROOTS PAGE 21

BEAUTIFUL DAY FOR A PROTEST

Greenpeace activists are silhouetted by the rising sun as they watch members of their team hang a large banner off one of the oil storage containers at the Kinder Morgan facility in Burrard Inlet in Burnaby on Wednesday. The protest aimed to shut down the facility, but a spokesman for Kinder Morgan said operations were not disrupted as no vessels had been scheduled. Story, page 6. JONATHAN HAYWARD/THE CANADIAN PRESS

Problem gambling worsening

Report. Province's top doctor urges more government spending on treatment programs

The number of severely addicted gamblers in British Columbia has more than doubled while the provincial government has taken in billions in gaming revenue, according to a new public-health report.

The concerning figures have prompted provincial medical-health officer Dr. Perry Kendall to call for more government investment in gambling prevention and treatment programs.

The report, released Wednesday, analyzed data collected from 2002 to 2007. It showed that even though gambling activities have generally declined, the number of people with a severe gambling problem has risen to 31,000 from 13,000.

Annual gross gaming revenue for the provincial government has steadily increased from 2002 to 2012, going to $2.06 billion from $1.14 billion.

The percentage of problem gamblers among the people surveyed for the report remains relatively low at 0.9 per cent, Kendall said.

But that figure increased from 0.4 per cent five years earlier, which suggests that more money is coming from a small group of problem gamblers who could become a public-health concern, Kendall said.

Finance Minister Mike de Jong said that the province and BC Lottery Corporation have invested in a number of treatment programs this year, including more than $20 million in responsible-gambling programs that include clinical counselling and awareness campaigns.

"Before further increasing spending for problem gambling programs and services, we're going to review the outcomes of our current programs," said de Jong. THE CANADIAN PRESS

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Outside the Teck Emergency Centre at St. Paul's Hospital in downtown Vancouver on April 15. Ahead of the Great B.C. ShakeOut on Thursday, Vancouver-West End MLA Spencer Chandra Herbert is accusing the Liberals of inaction over the hospital's risk of collapse in the event of an earthquake. ERIC DREGER/THE CANADIAN PRESS

St. Paul's not ready for real ShakeOut: NDP MLA

'It's incredibly negligent.' Spencer Chandra Herbert says Liberals have promised seismic, infrastructure upgrades at hospital but still no timeline

MATT KIELTYKA
matt.kieltyka@metronews.ca

As British Columbians gauge their earthquake readiness Thursday, the NDP is raising concerns over the state of St. Paul's Hospital.

On the eve of the Great B.C. ShakeOut, Vancouver-West End MLA Spencer Chandra Herbert stood outside the downtown hospital and highlighted a decade of government inaction.

The Liberals have been promising to make seismic and infrastructure improvements at the hospital since 2002, he said, and there's still no timeline.

"If there was a major earthquake, our local hospital would collapse," said Chandra Herbert. "(The main building) would tear itself apart. The government knows the hospital is at extreme or high risk in an earthquake. It's incredibly negligent."

Health Minister Terry Lake was not available to comment and no timeline for planned improvements was given.

However, Providence Health Care CEO Dianne Doyle is convinced the government is committed to the hospital's evolving concept plan, which included a new ambulatory building and the required seismic upgrades.

"We've been working with the Ministry of Health. Our project board is meeting on a monthly basis and every message we've had (from government) is they're committed to the process."

Doyle acknowledged the hospital's need for upgrades, but said Providence Health Care is constantly in touch with emergency-management partners to ensure the health-care system can withstand a major earthquake and provide care for patients.

Poll suggests we're not

Are you ready?

As the province tests its earthquake readiness Thursday, a recent study suggests British Columbians haven't done enough in preparation for "the big one."

According to the BCAA poll released ahead of the Great B.C. ShakeOut, the vast majority of us are aware of the risks but unprepared for a major earthquake.

The poll found 58 per cent of British Columbians know there is a one-in-three chance of a significant quake in the next 50 years and that 75 per cent expect their home to be damaged.

Despite that knowledge, 65 per cent said they don't know the best way to stay safe in an earthquake, and 78 per cent don't know how to prepare their home for one.

Fifty-one per cent either don't have earthquake insurance coverage, or don't know if they do.

MATT KIELTYKA/METRO

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Mayor Robertson sends mixed messages to resource industry

Economic future. Mayor outlines path to success lined with tech, renewable energy

EMILY JACKSON
emily.jackson@metronews.ca

He loves you, he loves you not.

Vancouver Mayor Gregor Robertson sent mixed signals to the natural-resource industry in his keynote address to business leaders at the Vancouver Board of Trade on Wednesday, where he outlined his plans for the city's economic future one year before the next municipal election.

While Robertson commended the strength of the sector and said the "resource economy is part of our city's DNA," he was critical of fossil-fuel projects that were a "one-time gain" elsewhere in Canada and "essentially all risk and no benefit for Vancouver."

When asked about the port — city council has taken a stand against expanding coal-export infrastructure — Robertson applauded its expertise but spoke of the "tricky balance" between fostering the city's geographic advantage while striving to be the greenest city in the world.

The mayor did, however, distinguish between fossil fuels and mining (Vancouver is home to the headquarters of more than 800 mining firms). While international scrutiny of Canadian mining firms has risen, Robertson noted that fossil fuels are burned into the atmosphere while minerals can be recycled.

Canada is "missing the market signal" when it comes to renewable energy, he said, and Vancouver's role will be to lead the shift to find solutions.

And that's when he started talking tech, an industry he unquestionably loves.

"Let's make the choice that Vancouver should be a city of innovation," he said, adding that tech and resources should work together. He outlined his top priorities.

First, he wants to build transit along the Broadway corridor, which, as home to a large health-sciences hub and the route to UBC, handles 160,000 trips per day compared to 80,000 trips through the Massey tunnel.

Second, he wants the city's six universities to educate more software engineers and computer scientists so startups can hire local talent.

Third, he wants those startups to have better access to capital so they can grow to be the next Hootsuite. The Vancouver Economic Commission is launching an "innovation capital fund" in the next few months, he said.

Vancouver Mayor Gregor Robertson outlines his economic plan for the city in a keynote address to the Vancouver Board of Trade on Wednesday. EMILY JACKSON/METRO

A button from John Horgan's 2011 NDP leadership bid. TWITTER

The search for NDP leader Adrian Dix's successor continues

Depending on your point of view, the race to replace Adrian Dix as NDP leader either became clearer or murkier on Wednesday.

The question seemed to face every potential, projected, proposed and prospective candidate who wandered into public on the day.

It started with John Horgan, the MLA for Malahat-Juan de Fuca who made a failed bid to succeed Carole James in 2011.

The energy critic was tipped by many to take a second kick at the leadership can, but Horgan addressed the question bluntly and definitively on Twitter Wednesday morning.

"After consideration I will not be seeking to lead BCNDP," he wrote. "(The) party should take time to allow next generation to shape future."

Port Coquitlam MLA Mike Farnworth — who came second to Dix in the last leadership race — told media he is still contemplating making a run but had yet to make a decision.

The same goes for two-term Vancouver-West End MLA Spencer Chandra Herbert, who at age 32 would represent the next generation.

"There have been many people suggesting that I really do consider it," Chandra Herbert said. "It's very flattering. I've considered it but am far from making a decision."

Chandra Herbert agreed the party is in need of renewal.

MATT KIELTYKA/ METRO

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Protesters blockade pipeline, fail to disrupt phantom vessels

Greenpeace. Banners flown, but Kinder Morgan left scratching their heads: No vessels were scheduled on Wednesday

An attempt by Greenpeace protesters to stop the shipment of oil from Kinder Morgan's B.C. storage facility didn't quite go as planned because there weren't any vessels scheduled to be at the facility.

The protest began when two people chained themselves to the company's front gate Wednesday morning at the suburban Vancouver plant.

"We have shut down the facility today," said Greenpeace spokesman Mike Hudema shortly after about a dozen demonstrators took over the site on the shores of Burrard Inlet in Burnaby.

"Right now I am watching two others scale the pipes used to load tar sands into the tankers that already come into this inlet, and then there are other activists that have climbed two storage tanks."

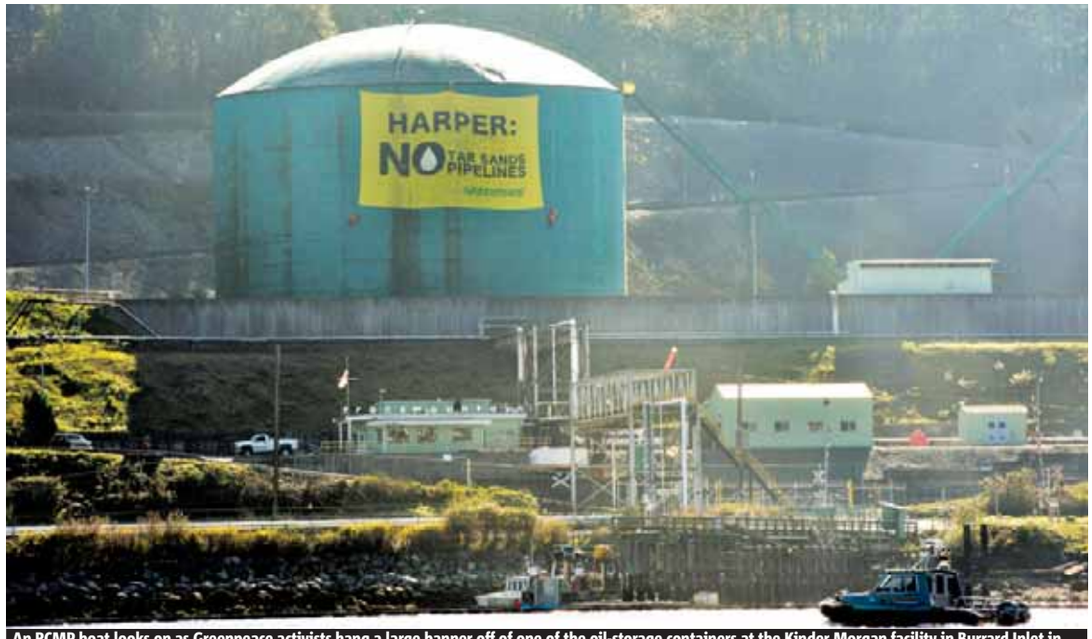
He said the activists intended to stay until they had sent a strong message to Prime Minister Stephen Harper.

The protest was staged as the federal government prepared for the throne speech, which sets out its parliamentary agenda for the upcoming House of Commons session.

Greenpeace opposes expansion of pipelines in B.C., and Kinder Morgan wants to nearly triple the capacity of its Trans Mountain pipeline.

Kinder Morgan spokesman Andy Galarnyk said there were no vessels scheduled at Westridge Marine Terminal on Wednesday so operations were not disrupted.

"We're not quite sure what the impact of their protest will be other than to fly their banners and do what they intended to do," Galarnyk said from Calgary. THE CANADIAN PRESS



An RCMP boat looks on as Greenpeace activists hang a large banner off of one of the oil-storage containers at the Kinder Morgan facility in Burrard Inlet in Burnaby, B.C., on Wednesday. JONATHAN HAYWARD/THE CANADIAN PRESS

Pet killer denied right to own animals

Kayla Bourque — a 23-year-old woman who a judge says "takes pleasure" from torturing and killing animals — has lost an appeal of her probation conditions. THE CANADIAN PRESS

A 23-year-old woman who was described by a psychiatrist as an "affectionless psychopath" after she butchered two family pets and expressed a desire to murder a homeless person has lost an appeal of a lifetime ban on owning animals.

Kayla Bourque has also failed to have a series of strict probation conditions lifted that prevent her from being around children or using the Internet.

The gruesome details of Bourque's case made headlines in January of this year, when the provincial Justice Ministry issued a public warning that a dangerous, high-risk offender had been released and planned to live in the Vancouver area.

Bourque had pleaded guilty two months earlier to charges of causing suffering and unlawfully killing animals, admitting to killing a family cat and dog between 2009 and 2010. She also pleaded guilty to possessing a knife for a dangerous purpose.

Court decisions for the case describe Bourque as a sexual sadist with antisocial personality disorder who finds joy in torturing and killing animals. She is an "affectionless psychopath" who isn't able to show affection or concern for others, according to those decisions, and she has expressed no remorse.

Bourque was sentenced to nine months in jail, which was reduced to two months after taking into account time she had already served. After her release, she was placed on three years of probation under a list of 46 conditions, including a ban on owning or being around pets. The judge also imposed a separate lifetime animal ban under the Criminal Code.

THE CANADIAN PRESS

Appeal

Bourque appealed the lifetime animal ban, and objected to more than a dozen other probation conditions, including orders to stay away from children, keep off the Internet and obtain approval from her probation officer before starting a new job or education program. She argued those conditions were unfair and would hinder her ability to integrate back into society.

Health. Flu shots now available in Lower Mainland

Vancouver Coastal Health is reminding people to roll up their sleeves for a flu shot before the influenza season takes off.

"Influenza is highly contagious and can cause serious complications for the very young, the elderly, and those with underlying health conditions," medical health officer Dr. Meena Dawar said.

"Getting the flu shot is the best way to prevent catching the flu or passing it on."

For children squeamish at the thought of a needle, the VCH will provide a nasal flu spray vaccine as an alternative for youth between two and 17-years-old.

The vaccine is free for children from six months to five-years-old, people older than 65, pregnant women, aboriginal people and those with chronic health problems or compromised immune systems.

Health workers are required to get vaccinated or wear a mask at work during flu season. VCH will also ask people visiting health facilities to wear masks this year.

EMILY JACKSON/METRO

Track crime in real-time

Victoria police launch mobile app

The Victoria Police Department has launched a smartphone app that they say will help citizens "fight crime from their pocket."

The app was unveiled Wednesday, and allows users to track crime in real-time, report bad drivers or recover stolen property. It also includes in-app links to all of the force's social media feeds, including Twitter, Soundcloud and Pinterest.

Although users can see crime reports based on their location, VicPD spokesperson Const. Mike Russell insists they're not tracking anyone via the app.

The free app is available on iTunes, and will be live on the Google Play Store shortly.

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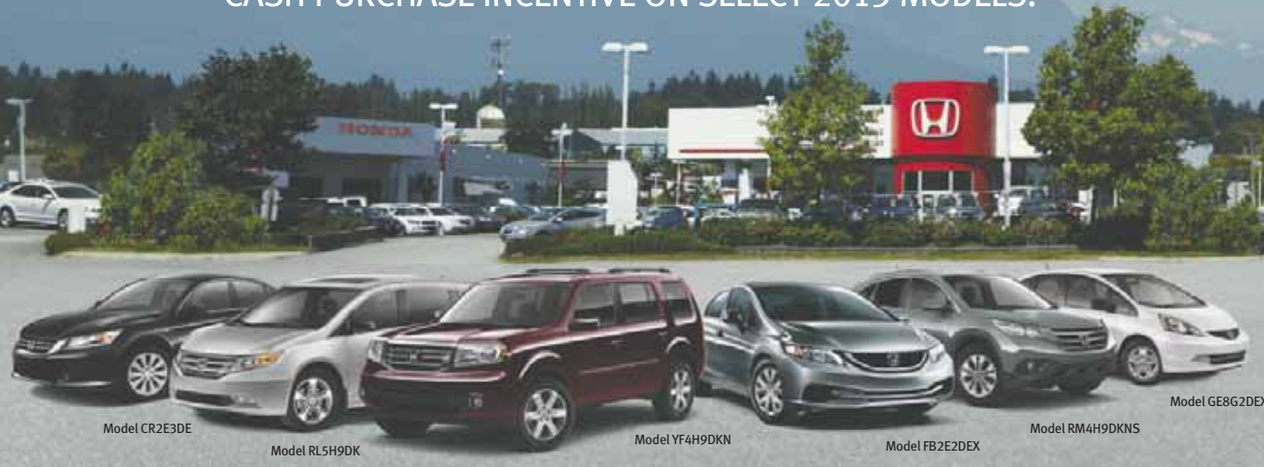

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If you don't watch your phone then thieves will, warn police

Campaign. Authorities launch posters, videos to create awareness of smartphone theft

EMILY JACKSON
emily.jackson@metronews.ca

You wouldn't leave a stack of $100 bills on the empty bus seat next to you, so why would you treat your iPhone so nonchalantly?

That's the message Vancouver police, transit police and TransLink want to get across with a new awareness campaign as they grapple with daily smartphone thefts across the Lower Mainland.

"We're asking people to become ... more and more aware of their surroundings," transit police spokeswoman Anne Drennan said at a news conference launching the posters and videos on Wednesday.

Commuters often become so engrossed in their phones on transit that they don't pay attention to people around them, Drennan said.

People are most vulnerable when they sit near the door on the SkyTrain, as thieves grab their phones and run off the train when it stops at a station, Drennan said.

The other most common thieving methods rely on the kindness of strangers. Suspects will often provide a sob story, ask to borrow a phone to make a call then sprint away, or ask for the time then grab the phone.

Victims are at risk of having their identity stolen due to the vast amount of banking, business and personal information contained in mobile devices, Vancouver police Sgt. Randy Fincham said.

Smartphone theft

"You can be a victim in literally an instant."

Transit police spokeswoman Anne Drennan

Stolen phones are a "hot commodity" in secondary markets such as Craigslist or eBay, Fincham said, adding most buyers have lost or had their own phones stolen.

While police have made use of "find my phone" applications, it's not feasible to search an entire apartment complex if that's where the phone ends up, Fincham said.

So far this year, 148 mobile devices were stolen using some means of violence compared to last year's total of 215 incidents. A "much larger" number of smartphone thefts occur in coffee shops, schools, gyms and vehicles.

Vancouver authorities have launched an awareness campaign to help prevent smartphone theft. CONTRIBUTED

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Harper's throne speech courts middle-class voters

Eye on the election. PM beset by Senate expense scandals and polls showing his party tied with or trailing the Liberals

PM Stephen Harper speaks with the Governor General following the throne speech. JUSTIN TANG/THE CANADIAN PRESS

Mandatory balanced-budget legislation, interprovincial booze runs, public-sector bashing and lifetime prison terms for violent criminals were among a grab bag of populist measures promised Wednesday as the Conservative government released a mid-mandate policy blueprint.

The Tory-blue booty was included in a speech from the throne by Gov. Gen. David Johnston that spent almost as much time congratulating the Harper government on past achievements as laying out future priorities.

There was a pledge to confer honorary Canadian citizenship on Malala Yousafzai, the Pakistani teen and Nobel Peace Prize nominee who survived a Taliban attack on her school bus in October 2012.

SPEAKER OF THE HOUSE OF COMMONS ANDREW SCHEER LISTENS TO THE SPEECH FROM THE THRONE.

The speech also promised in vague terms to "address the issue" of missing and murdered aboriginal women.

The document marked the unofficial start to a federal election campaign that is still two years away.

Populist promises were very specific.

Canadians will be allowed to take beer and spirits across provincial boundaries for personal use, something that's currently prohibited under federal law.

Johnston, welcoming back MPs to work after a month-long delay at the prime minister's request, opened by noting that "the eyes and ears of Canadians turn toward this Parliament, in trust that those who stand here in their place will relentlessly advance and uphold the ideals that are inclusive, honourable, selfless, smart and caring at every turn without fail."

He wrapped up an hour later by citing John A. Macdonald, the Conservative founding father of Confederation, who once foresaw a nation "great in thought, great in action, great in hope and great in position."

"His vision has come to pass," said the Governor General.

Opposition parties, however, were already alleging Conservative dishonour and selfishness.

The speech hit at what political strategists call "wedge" issues that will differentiate the parties. Measures that come down hard on public sector workers — a primarily Conservative preoccupation — took up almost an entire page. And parents will be given a say before drug injection sites open in their community.

THE CANADIAN PRESS

'Revenge porn'

Cyberbullies beware: New law coming

The government pledged in Wednesday's throne speech to introduce cyberbullying legislation which will include making "the non-consensual distribution of intimate images" a criminal offence.

The speech referenced the suicides of Amanda Todd and Rehtaeh Parsons, both of whom committed suicide after they were bullied and intimate images of them were circulated online.

The legislation would outlaw the practice known as "revenge porn," which occurs when sexual photos or videos of a person are posted online without that person's consent.

In some cases, photos were given freely to an ex-partner during a relationship, but victims had not consented for them to be made public.

In others, photos are taken during a sexual assault and posted online.

The new law will also give "police … new tools to effectively address cyberbullying that involves criminal invasion of privacy, intimidation and personal abuse," the Throne speech said.

JESSICA SMITH/METRO IN TORONTO

Inquest. It's broke, but we're too broke to fix it: Head of Corrections

Significant gaps remain in dealing with mentally ill prisoners, Canada's top correctional official admitted on Wednesday even as he urged jurors to avoid making costly recommendations to address the problem.

Don Head, commissioner of the Correctional Service of Canada, told the Ashley Smith inquest that expensive suggestions would be rejected.

"There is no free pocket money that we can go to, to implement some of those things," he said.

From 2001 to 2005, there were 85 suicides, accidental deaths and homicides in federal prisons.

Corrections complied with one-third of ensuing coroner jury recommendations, the inquest heard.

The commissioner insisted corrections has made improvements in the six years since Smith, 19, strangled herself in a cell. Information sharing between health professionals and prison staff is better and interdisciplinary teams are deployed.

THE CANADIAN PRESS

Ashley Smith

THE CANADIAN PRESS

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Aliana Tsarnaeva, sister of Boston Marathon bombing suspect Dzhokhar Tsarnaev, attends a hearing Wednesday in Boston. BOSTON HERALD, MARK GARFINKEL, POOL/THE ASSOCIATED PRESS

Judge releases sister of Boston bombing suspect

Aliana Tsarnaeva. District attorney's office says 23-year-old not accused of passing fake bill, but evidence suggests she knew those who did

Boston Marathon attack

Authorities say Dzhokhar Tsarnaev, 20, and his brother, Tamerlan, 26, built and planted pressure cooker bombs near the finish line of the Boston Marathon that killed three people and injured more than 260.

The sister of Boston Marathon bombing suspect Dzhokhar Tsarnaev appeared briefly in a Boston courtroom Wednesday on a charge related to a counterfeiting investigation.

Aliana Tsarnaeva, 23, was in court to ask a judge to remove a warrant issued after she failed to appear in court in February 2011 on a charge of misleading police.

Prosecutors say Tsarnaeva picked up a person who passed a counterfeit $100 US bill at a restaurant at the South Bay Mall in Boston in 2010, but was unco-operative when questioned.

A judge agreed to remove the default warrant and released Tsarnaeva on $1,500 personal recognizance. She also is required to report to Massachusetts probation officials once a week.

THE ASSOCIATED PRESS

Soccer. Mexican fans thank bitter rivals U.S. for keeping hopes alive

America's soccer team is getting some love from the most unlikely place: Mexican sports fans.

Mexican newspapers on Wednesday published banner headlines reading "We Love You," and "Thank You, USA," after the U.S. kept Mexico's World Cup qualifying hopes alive with a 3-2 victory over Panama.

Mexico and the U.S. are usually bitter rivals. Feelings are so strong in Mexico that fans chanted the name of Osama bin Laden as the Star Spangled Banner played in a 2004 Olympic qualifying game.

Mexico lost its Tuesday match 2-1 against Costa Rica. If Panama had held onto its lead and beaten the United States, Mexico would have been eliminated from the World Cup qualifying rounds. But the U.S. scored two goals in the closing minutes of the game to pull ahead.

THE ASSOCIATED PRESS

Scientology

Court upholds fraud conviction

France's highest appeals court has upheld the 2009 fraud conviction of the Church of Scientology's French branch, its bookstore and five of its leaders.

The Scientologists were accused of pressuring members into paying large sums for questionable services and materials and using "commercial harassment" against recruits.

The group and bookstore were fined 600,000 euros ($814,000 US). The Scientologists' appeals of their convictions claimed infringement on their religious freedom.

While Scientology is recognized as a religion in the U.S., Sweden and Spain, it is not considered one under French law.

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France. Public detainment, expulsion of teen outrages immigrant groups

Leonarda Dibrani was on a field trip when French police showed up at the bus and detained the 15-year-old in front of her classmates before authorities expelled her to Kosovo because her family's asylum application had been rejected.

The incident, which happened earlier this month, has sparked outrage from immigrant groups and others who say police went too far in publicly shaming the teenager.

It has also been an embarrassment for President Francois Hollande's government, which has tried to distance itself from conservative predecessor Nicolas Sarkozy, known for his tough immigration policies.

Now, Dibrani, who was expelled with her family, says she just wants to get back to France.

"I was crying on my teacher's lap and he was crying," Dibrani said Wednesday. "My friends asked, 'Did you kill someone that the police are looking for you?' I was afraid. I felt bad and ashamed.

"My home is in France," Dibrani said in French. "I don't speak the language here and I don't know anyone. I just want to go back to France and forget everything that happened."

THE ASSOCIATED PRESS

From left, Maria Dibrani, 17, and Leonarda, 15, expelled from France last week, talk on their mobile phones in a shelter house in Mitrovica, Kosovo, Wednesday. VISAR KRYEZIU/THE ASSOCIATED PRESS

SEC

Jury: Cuban didn't commit insider trading

Mark Cuban won a years-long fight with the U.S. federal government Wednesday when jurors said that the billionaire basketball owner did not commit insider-trading when he sold his shares in a Canadian Internet company in 2004. The nine-member jury deliberated for about four hours. The trial spanned three weeks.

THE ASSOCIATED PRESS

Mark Cuban

MIKE FUENTES/THE ASSOCIATED PRESS FILE

Listening in: U.S. House Minority Leader Rep. Nancy Pelosi talks to Rep. Chris Van Hollen as a staff member waits by the door after a meeting on Capitol Hill in Washington, D.C., on Tuesday. ALEX WONG/GETTY IMAGES

U.S. Congress races to pass budget bill

'A time for reconciliation.'

Bipartisan deal to end government shutdown leaves Republicans with little to show for fight

Congress raced Wednesday to approve a bipartisan deal to avert a U.S. default and reopen the federal government, a move intended to end a prolonged fiscal crisis that battered Republican approval ratings and threatened the global economy with a new recession.

Republicans were left with little to show for their fight — in political terms, the final agreement was almost entirely along lines President Barack Obama had set when the impasse began last month.

It includes nothing for Republicans demanding to eradicate or scale back Obama's signature health-care overhaul.

"We fought the good fight. We just didn't win," conceded House Speaker John Boehner as lawmakers lined up to vote on the bill.

The Senate voted to avoid the default, 81-18, Wednesday night. The measure then headed to the House, which was expected to back the bill.

Harry Reid, the Democratic Senate majority leader, thanked Sen. Mitch McConnell, the Republican minority leader, for working with him to end what had become one of the nastiest partisan battles in recent Washington history.

"This is a time for reconciliation," Reid said.

Obama thanked Democratic and Republican leaders in the Senate for passing the deal, saying if and when the House approved the bill, he'd sign it immediately. He said the U.S. will start reopening the government right away.

Obama said now it's time to win back the trust of Americans that's been lost during the crisis.

Obama spoke at the White House minutes after the Senate passed the measure. The bill calls for opening the government through Jan. 15 and extending the nation's borrowing authority through Feb. 7.

THE ASSOCIATED PRESS

Not giving up

Boehner to keep fighting Obamacare

House Speaker John Boehner and other top House Republican leaders intend to vote for the bipartisan agreement, officials said Wednesday, but Boehner vowed Republicans were not giving up on the fight to cripple "Obamacare."

"Our drive to stop the train wreck that is the president's health-care law will continue," Boehner said in a statement.

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Rules wanted to equalize gender in corporate ranks

Smart business decision. Ontario Securities Commission pushes for greater gender diversity in the boardroom

The Ontario Securities Commission says new rules to put more women, like the ones seen here at the Toronto Stock Exchange in April, in executive ranks would be good for business. FRANK GUNN/THE CANADIAN PRESS

The scarcity of women in Canadian boardrooms has the country's biggest regulator pushing for mandatory changes that would shame corporations for their lack of gender diversity.

The Ontario Securities Commission said Wednesday it will recommend to the provincial government that companies listed on the Toronto Stock Exchange should be required to disclose how they're increasing the number of women in their highest executive ranks.

The voluntary "comply or explain" policy would be put in place to encourage publicly traded companies to annually report their internal targets and progress — and be questioned if they refuse to comply. The OSC will take its recommendations to the government this fall.

Research shows that a higher mix of women in managerial and executive roles leads to more profitable companies and stronger organizations. Women often have leadership skills complementary to men, are often fairer with rewards, can be more focused on goals and can be stronger role models, said Eric Lamarre with global management consulting firm McKinsey and Company Canada.

Kathleen Taylor, who will chair the board at the Royal Bank of Canada, said that a gender diversity agenda begins with a company's chief executive who will make it a priority to not only seek out the best candidates for a position, but also ensure that the selection is made from a diverse list.

"When women are there in strong visible numbers, there is a catalyst for change," said Taylor, who takes on the new role in January.

THE CANADIAN PRESS

Terrorism

Canadian guilty in attempted arms buy for Tamil Tigers

A Canadian man has pleaded guilty in the United States to two terrorism offences in connection with the Tamil Tigers.

Piratheepan Nadarajah, from Brampton, Ont., admitted to a conspiracy to acquire anti-aircraft missiles and attempting to provide material support to a foreign terrorist organization.

Online court records show that Nadarajah pleaded guilty last week in New York to the two counts. His sentencing is scheduled for Jan. 31, 2014.

Prosecutors alleged Nadarajah and co-conspirators negotiated with an undercover FBI agent to buy and export $1 million US of high-powered weapons and military equipment for the Tamil Tigers. The group was declared a terrorist organization by Canada in 2006.

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Not to brag, but ...
Canada's network speed is faster than America's

Urban Canadians have access to consistently faster network speeds than their neighbours in the U.S., according to a study by PC Magazine.

In its first study of Canada's networks, the New-York based online publication said the speeds delivered by the country's three major telecoms — Rogers, Bell and Telus — were remarkable.

"Urban Canadians can get online fast, often at speeds that would make south-of-the-border Americans green with envy," said the study, released Wednesday.

Rogers had the fastest wireless network followed by Bell and Telus, according to the study, done in August and September in 13 of Canada's largest metropolitan areas.

PC Magazine tested downloads and uploads of data — such as video, apps and photos — but did not test the quality of mobile phone calls.

AT&T's Long-Term Evolution (LTE) network was deemed the fastest in the U.S. in 2013 by PC Magazine.

The study's author noted that Canadian prices for wireless service were higher than in the U.S.

"There's no real Canadian equivalent to Sprint or T-Mobile. People with less money are getting a lot less value than if they are in the U.S.," wrote Sascha Segan.

THE CANADIAN PRESS

We win this round, America

"Urban Canadians can get online fast, often at speeds that would make south-of-the-border Americans green with envy."

According to a study by PC Magazine

Believe it or not: Aquarium finally opens in Toronto

Visitors get up close to sharks, sawfish, sea turtles and more in the 97-metre-long underwater viewing tunnel at Ripley's Aquarium of Canada. After two years of construction, delays and $130 million in costs, the aquarium opened Wednesday. RIPLEY'S AQUARIUM OF CANADA/THE CANADIAN PRESS

Market Minute

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12,957.21 (+25.75)

OIL
$102.29 US (+ $1.08)

GOLD
$1,282.30 US (+ $9.10)

Natural gas: $ 3.78 US (no change)
Dow Jones: 15,373.83 (+ 205.82)

Cost-saving measure

Grocer Loblaw axes 275 staff

Loblaw Companies Ltd. is cutting its management and administrative ranks by 275 employees as it tries to reduce expenses alongside its acquisition of Shoppers Drug Mart.

Loblaw is continuing to grapple with heightened competition from fellow grocers and a consolidation of the industry.

THE CANADIAN PRESS

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Lunch: Vegetables and salad with lean meat or fish (see recipe ideas online)
Dinner: 8 tablespoons of Almased (50g) in water with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
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HOW TO EASILY SAVE THE WORLD

HE SAYS

John Mazerolle
metronews.ca

Have you lost hope? Do you feel like the world is beyond saving? With non-stop natural disasters and climate change, it can sometimes seem like there's nothing any one individual can do to help this troubled ball we call Earth.

But you can help.

Simple household tips can go a long way toward improving the environment and, yes, saving the planet, all while helping you save and make your life easier. Here's how.

Start with light bulbs. Next time a light goes out, why not replace that wasteful incandescent bulb with an energy-efficient compact fluorescent lamp? Because that seems like a lot of work, that's why. That light bulb is way up on the ceiling, and it looks like you'll have to unscrew the glass fixture or something.

An even better solution is to just leave your apartment dark. The light from your laptop screen provides more than enough illumination, and even acts as a flashlight for those late-night trips to the fridge.

While we're in the kitchen, let's remember the importance of whole foods. Eating apples, oranges, carrots, green peppers, garlic bulbs, Eggo waffles and bouillon cubes exactly as they appear in nature can cut back on use of wasteful stoves and ovens, as well as dangerous knives and forks.

And consider all your dishes. Did you know that 17.4 per cent of all landfill waste is old bowls, plates and glasses? It's a very precise number and therefore true. You can keep that landfill space free for incoming BlackBerrys by simply eating over the kitchen sink. Or, even better, eat Mini-Wheats directly from the box followed by a swig of milk from a carton. Your stomach is the bowl!

Speaking of bowls, did you know that so-called bathroom "cleaners" in fact viciously murder the bacteria and mould that form the necessary foundation of the food chain? Cleaning that bathtub may be killing your grandchildren.

Instead, let the steam from your shower naturally clean the bathroom. You'd pay top dollar for a steam cleaning of your carpet, so why isn't it good enough for that bathroom tile? And see that stuff growing on your wall? You're literally greening your home!

Staying in the bathroom, some well-meaning people (women) think it's OK to replace towels after every use, or even every month. This is an irresponsible waste of water and laundry detergent, and it's not backed up by the latest towel science.

The towel is drying off your clean body, and the next day that towel is somehow disgusting? It just doesn't make sense.

Here's a simple rule of thumb for towels: Turn on the TV. If the prime minister is the same as last time you checked, you can safely continue using that towel.

As you can see, helping to protect the environment from the comfort of your home takes not just very little effort, but the least effort imaginable. Save the world. Become a bachelor. You'll be glad you did.

ZOOM

Thanks for the ride, mom

COURTESY WILDLIFE PHOTOGRAPHER OF THE YEAR

They say kids can be a headache

Hitchhiking can be a dangerous game but these gharial crocodiles photographed on Chambal River in Madhya Pradesh, India, seem to appreciate the ride.

The snap, titled Mother's Little Headful, was taken by 14-year-old Udayan Rao Pawar, who won the award for Young Wildlife Photographer of the Year at a ceremony at London's Natural History Museum. METRO

Photography can make for a wild life

Greg du Toit must have been tempted to say, "Watch your step" while shooting this striking image of a herd of elephants (pictured right).

"This image hints at the special energy I feel when I am with the elephants," said du Toit of his photograph. He won Wildlife Photographer of the Year 2013.

"Greg's image immediately catapults us to African plains," said chair of the judging panel, Jim Brandenburg. METRO

This otherworldly shot was captured from a ground-level hide using a slow shutter speed. COURTESY WILDLIFE PHOTOGRAPHER OF THE YEAR

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

While most emailed newsletters deserve to go straight to the trash bin (or stay in Gmail's fancy new social or promotions folder), there are a select view worth a scan. Trust me, you'll be smarter for it.

ISTOCKIMAGES

Brainpickings:

Run by super brain Maria Popova (of the NYT, Wired, The Atlantic), the free Sunday digest brings you interesting tidbits on "things you didn't know you were interested in." This week read up on the science of dreams, or Julia Child's take on entrepreneurship.

Quora:

Pick a topic, any topic, and Quora has an answer for you. Choose your areas of interest and the best question-answers on the community-run site are sent straight to your inbox so you can learn something new at least every week.

Colossal:

The art and design blog run by a self-described art outsider has a weekly roundup of the site's most interesting stuff. Think of it as a Coles Notes into the art world.

Twitter

@metropicks asked: Enbridge's poetic pipeline pitch has ignited backlash. Send your pipeline verse and we'll print the best #GatewayPoems

@Canucklehead_ca: Two pipelines diverged in a wood, & I - / I took the one less traveled by, / Made no difference - all nature dead. #Gateway-Poems

@trevor_donald: #gatewaypoems Atlantic Canadians were told they are getting a deal. Only Mister Irving thinks oil pumped to his province is a steal. #nbpoli

@margonaut: A history of leaks & poisoning creeks? It might seem like a sin, but our shareholders win! #GatewayPoems

@JohnKleinRegina: If you want the #KXL, you may as well burn in hell, because it's bringing hell to earth. When you've lost you learn its worth. #Gatewaypoems

@jarrahpenguin: And when bitumen seeps into/All the loveless land/It will whisper of the garden/ You will understand #gatewaypoems

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WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

metro

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Heart of the City festival will get Vancouver pumping

10th anniversary.
The theme this year is 'drawing strength from our roots' and take place in 25+ locations

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

A lot has changed in Vancouver over the last 10 years.

For example, every single city residents is a decade older, there are way more locally crafted beers available in bars and liquor stores, and the Canucks — OK, so some things haven't changed.

Did I mention there are way more craft beers available in this town?

Also, the Heart of the City Festival is celebrating its 10th anniversary.

This year's theme is Drawing Strength from Our Roots and it features more than 80 events spread across 25-plus locations throughout the Downtown Eastside.

That's 12 days of music, stories, songs, poetry, cultural celebrations, films, theatre, dance, processions, spoken word, workshops, discussions, gallery exhibits, mixed media, art talks, history talks, walking tours, and more.

Here are a handful of highlights:

The Carnegie Jazz Band is among the performers in this year's Heart of the City Festival. DAVID COOPER

Oppenheimer Park Community Art Show — Fun & Games
Join Brad Muirhead and the Hastings Street Band for a sidewalk procession down to the opening reception at Gallery Gachet. Fun and Games features self-taught, new and emerging local artists from the Oppenheimer creative community. Thursday, Oct. 24. Procession starts at 5:30 p.m. Free.

Hot Jazz at the Carnegie
First-rate vocalist Dalannah Gail Bowen fronts a group of amateur jazz musicians under the tutelage of multi- instrumentalist and composer Brad Muirhead. Friday, Oct. 25 at 8 p.m.

The best part? It's free.

Barrio Flamenco — Flamenco for the People
Who doesn't love flamenco? Well, I'm sure they exist but you won't have to worry about bumping into them on this night. Hosted by flamenco dancer Kelty McKerracher, you'll get to see some of this city's best flamenco performers. At the Carnegie Theatre (401 Main St.) on Friday, Nov. 1 at 7:30 p.m. Free.

Taiko Roots!
Immerse yourself in an evening of taiko. Featuring Sansho Daiko and more. At the Vancouver Ballroom (456 Prior St.) on Friday, Nov. 1 at 8 p.m. Suggested donation of $10.

Details

What you need to know

- **More event details.** The Heart of the City Festival takes place Oct. 23 to Nov. 3. at various venues across the DTES. Visit HeartoftheCityFestival.com for more information.

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Please email resumes to: **infinitealadrianlam@live.com**

I ran for the late-night ghost stories I'll tell my kids around the campfire.

I ran for the look in my mom's eyes when I tell her she's going to be a grandma.

Thank you for all the future moments you've helped create.

I ran for the Sunday crosswords my mother and I will finish together. In pen.

I ran for the hand-picked roses I'll give my wife on our 50th anniversary.

I ran for the ladybugs I'll chase with my kids.

I ran for the joyful day my daughter's daughter will be born.

Thank you to everyone who participated, donated, volunteered and cheered at this year's Canadian Breast Cancer Foundation CIBC Run for the Cure. For over 20 years we've been running for a future without breast cancer, and today we're another step closer.

Canadian Breast Cancer Foundation
CIBC Run for the Cure†

Canadian Breast Cancer Foundation

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Tenors aim to hit high notes by helping others

Canadian group The Tenors have teamed with Big Brothers Big Sisters of Canada to record the single I Thank You, with 50 cents of each digital song download going to support the organization.

Big Brothers Big Sisters highlights the importance of mentors in a child's life by providing volunteer opportunities to adults to be a friend and positive role model to Canada's youth.

The organization believes changing the course of a young person's life also changes the community for the better.

We asked The Tenors — Fraser Walters, Remi Pereira, Victor Micallef and Clifton Murray — to tell us about the person who made a difference in their life when they were growing up. **METRO**

Online

Find more of the tenors on Metronews.ca and learn how you can help out and get involved to win a trip.

- **Web.** Visit metronews.ca/scene to see a video of the Tenors performing I Love You, and for a link to buy the single.
- **Find out more.** Visit bigbrothersbigsisters.ca to learn more about the organization.
- **Contest.** Visit clubmetro.ca for your chance to win a trip to see The Tenors perform in Vancouver.

Family and friends

Remi Pereira

"I have had a few mentors throughout my life, including my parents, my child and my teachers. From them I have learned the importance of respect, loyalty and commitment to your partner and family. In music, my teachers have been the force behind me"

Voice teacher

Victor Micallef

"Someone who mentored me was my Italian voice teacher Franco Pagliazzi. Not only was he an incredible teacher but he was a father figure far away from home. He taught me everything about the Florentine way of life and gave me invaluable insight on how to perform the Italian operatic repertoire. I have incredible respect for his artistry as a master singer and teacher."

Mother

Clifton Murray

"My influence is my mother. Her tireless efforts to improve the lives of those less fortunate inspires me to always look beyond myself. She has continued to seek out the less fortunate and make their lives better in some way. There are so many stories where my mother has selflessly brought someone in need the support, resources and love that they needed, enabling them to provide for themselves."

Musical mentors

Fraser Walters

"I have been extremely lucky to have many important mentors in my life. Other than my family, three amazing musical mentors were (and still are!) Katie Drysdale (my first childhood voice coach), Gerry Van Wyck (choral/orchestral conductor), and Rena Sharon (university music professor)."

COURTESY OF RANDEE ST NICHOLAS

Easy Ryder Serena enjoying the journey

Harmony. Despite her platinum-selling album gaining fans daily, the Canadian songstress remains grounded, loves kids and seeks out adventure

MIKE BENHAIM
scene@metronews.ca

It's been seven years since the song Weak in the Knees first drew my attention to this Canadian singer-songwriter, though in fact, she had already been producing music for the better part of a decade. Now on the heels of a North American tour with OneRepublic, her 2013 Juno-winning, platinum-selling album Harmony is gaining fans daily. With hits like Stompa and What I Wouldn't Do flooding the airwaves of late, the multi-talented Serena Ryder graciously allowed me a peek at the person behind the voice.

You've shared the stage with some amazing icons. In 2011, you toured and performed with Melissa Etheridge. What did that do for you?
It's turned into a friendship. She's an awesome woman and person. Some people think it's important to create a stage persona, but I've always felt more comfortable being myself. The inspiring thing about Melissa is that she's down to earth, on-stage and off.

How about artistically?
Musically, her blood runs authentic rock 'n' roll. She's influenced so many people just by being a part of it. Genuine artistry like hers over a 25-year career has to impact many artists, sometimes even inadvertently.

You participated in "We Day". Was there some special connection for you?
Absolutely. It was important to me. I believe that every little bit counts and everyone can affect change. I've always connected with kids. I was a nanny for five years. Children really hold the world in their hands without knowing it, but give them the tiniest inspiration and incredible things inevitably happen. So, 20,000 kids changing the world? To be part of that just blew my mind.

Nobodies who are everybodies?
Exactly. And that's what music does. It brings people from different cultures together, changes the way they see things and maybe awakens something. Hey, even smiling at someone on the street can change their day.

So what is your idea of perfect happiness?
Satisfaction.

When you can afford it, what is your greatest extravagance?
First class travel.

Amen to that! What do you consider the most overrated quality?
Looks.

If you could change one thing about yourself, what would it be?
Looks.

Alright, if you were granted a super-power, what would it be? Looks?
Flying.

What quality do you look for and admire in your friends?
Self-love.

We seek inspiration, but often it finds us. Who is your real-life hero?
I worked as nanny for a vivacious woman named Joanne Calderon. I observed her love for adventure, art and beauty, and that inspired me to follow my passion for those things as well.

What advice would you offer a young aspiring artist pressured to choose the safer path?
The person you need to trust more than anyone is yourself, but go about it based on what you feel and need, not pointing at what anyone else is doing to you. If your parents say something that rings true to some part of you, you need to listen to that too. Say, "I would love to be respected for my decision," and then set out to earn that.

You already have, Ms. Ryder, and now, I must call my mother.

Serena Ryder's platinum-selling album Harmony is gaining her new fans every day. CONTRIBUTED

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Vancouver portion of contest closes November 18, 2013. Open to Canadian residents, excluding Quebec, 21 years or older. No purchase necessary. Odds of winning depend on the number of eligible entries. Go to www.clubmetro.com to enter and fill out entry form, including skill-testing question. There is one (1) Grand Prize of a trip for two to Las Vegas, which includes return airfare, six nights of hotel accommodation at The Las Vegas Hotel and Casino, two tickets to see comedian Carlos Oscar at The Shimmer Cabaret Room and dinner for two at Vince Neil's Tatuado, valued at approximately $6,000 CAD (based upon departure from Halifax, actual value may vary depending upon time and year of departure).

Media partner comedy
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THE LEGEND LVH IS REBORN
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Joe Jonas

Joe Jonas allegedly dealing with a drug problem

The Jonas Brothers may have had a more pressing reason to cancel their latest tour at the last minute: middle brother Joe Jonas' alleged secret drug problem, according to Star magazine. "He's been dealing with substance abuse issues for quite some time," a source says, adding that friends and family "have been begging him to seek help. The tour would have never survived with how Joe was behaving." Joe has also recently been photographed with the same addiction specialist who helped Demi Lovato following her stint at a treatment facility.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

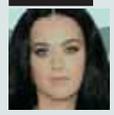
Arnie and Sly's prison flick should be kept behind bars

PAT HEALY
Metro World News in Boston

So, I feel like Escape Plan is one big meta joke on society. Mainly for the plot line alone. In the film, Sylvester Stallone stars as a structural engineer known for building prisons from which no man can escape. When he is wrongly convicted of a crime he is incarcerated in a prison that he designed. That's ... OK.

I can suspend my disbelief just enough to pretend that Stallone has an advanced degree in engineering. But then Arnold Schwarzenegger co-stars as his fellow inmate who shows him the ropes. That's right. Arnold Schwarzenegger is stepping in for Morgan Freeman. If that weren't ludicrous enough, the cast and crew of the movie had their after-party in Times Square at the Italian chain restaurant Buca di Beppo. Usually, big movie premieres are reserved for slightly more exclusive locales — and ones not in Times Square. Then again, if you think about it, Times Square is practically a neon prison of its own design. So maybe it's apt?

Twitter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I refuse to speak Starbucks until I've actually learned Italian.

@Rihanna
420'ish

@SarahKSilverman
Just a quick reminder: other people exist

Woody Harrelson. ALL IMAGES GETTY

Free Bird Woody wobbles his way to premiere after wild night out with brother

It's hard enough to work a red carpet, but try doing it at noon with a massive hangover — which is exactly what Woody Harrelson did at the recent Free Birds premiere in L.A. "The premiere was at noon and I went to bed at 6:30 or 7 a.m. having stayed up all night drinking tequila and playing pool with my brother, which, uh, didn't go well," Harrelson admits to David Letterman in an interview. "You know, being woken up three and a half hours later was terrible. It was like a betrayal." Luckily Harrelson could lean on pal and co-star Owen Wilson to get through it. "I told him ahead of time, 'Dude, you're going to be doing all the heavy lifting here. I can barely stand up.'"

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Doolittle's dancing in the dark

Eliza's evolution.
The singer's no longer the anthemic summer soundtrack to a tweeny birthday. Eliza explains that her soulful sound, like her style, is all grown up.

RICHARD PECKETT
Metro World News

Sweetheart of the stage: Eliza Sophie Caird is the daughter of musical theatre actress Frances Ruffelle and stage director John Caird. CONTRIBUTED

Eliza Doolittle's track Big When I Was Little would have you believe that the diminutive singer skips her way through the streets of planet positive. It's almost gratingly peppy and bright. But today, Doolittle — real name Eliza Sophie Caird — has cast off the Crayola colours and denim cut-offs in favour of something akin to a Nirvana-listening grunge groupie. Indeed, Doolittle has upped her crooning credibility, partly thanks to featuring on dance duo Disclosure's track You & Me and — much like her predecessors Adele and Amy Winehouse — by taking a new level of loved and lost maturity into her melodies. Here, the 25-year-old Brit tells Metro about her sophomore album In Your Hands (out now), post-breakup blues and why her look makes her feel liberated.

You're a big fan of relatively small clothes and flashing a little bit of skin. Do you deliberately shrink clothes or shop the children's section?
I haven't deliberately done that but I have a cashmere jumper that I shrank in the wash and yeah, sometimes I like that kind of kids T-shirt look.

You were at the Henry Holland show. What do you like about his designs?
Henry's more than a designer, he's an inventor. He was the first one to do the bandana print — and come on, that's gone crazy.

Not today but normally you're in bright colours. Do you ever just want to be inconspicuous and wear black?
I actually haven't been wearing as many colours as I used to. I'm the kind of person that gets obsessed with one thing until I get bored and then I move on. Right now, I'm loving baggy jeans with rips and shreds and I also really love thin-strapped beautiful silk dresses that look almost '90s.

Is making music a cathartic experience for you?
Music is the only thing that is going to be there for me no matter what. So when I finish a song, I love it and I play it out loud — it's the best thing I've ever felt. Better than love, I think.

Have you ever written a song that you're not particularly proud of but that you thought could potentially be a hit?
Yeah, loads! I think sometimes I can be a little bit detached from the songs that I know will be hits because they're less personal. Sometimes I can tell when I'm writing catchy melodies and stuff and I'm proud of it. Although, if there were an actual formula for it, I'd be f—ing loaded by now.

Eliza's must-have makeup items

Yon-Ka
Crème PS, $56, yonka.com

Clinique
Chubby Stick intense moisturizing lip colour balm, $17, clinique.com

Kevyn Aucoin
Celestial Bronzing Veil, $48, kevynaucoin.com

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Accessories add polish

Finishing touches. Part 4 of our series on living room decor will help you avoid the pitfalls of choosing pillows, throws, vases, rugs and more

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

In this four-part series, we're serving up some lessons to help get your living room looking fabulous in time for the holidays. This week, in our fourth installment, we complete the living room with some classic and not-so-pricey accessories.

Many decorating enthusiasts fare well when it comes to painting their walls and purchasing furniture, but when it comes to accessorizing, they lose control. So here are a few tips on how to incorporate some classic accessories into your living room for a finished and polished look.

Pillows and throws

- If you have a patterned sofa or chair, then choose monochromatic pillows; allow texture to add interest.
- Down-filled cushions are for comfort, Dacron-filled cushions are for support.
- Measure the depth of your sofa or chair seat cushion; a pillow should never take up more than a third of that depth.
- Firm lumbar pillows (the long skinny ones) act as great lower back support without looking too bulky.

Vases and bowls

- Keep the height of a vase low on the coffee table and higher on end tables.
- A large bowl can act as a catch-all for television converters, cellphones and magazines.
- Vintage-inspired glass accessories look great in contemporary or traditional spaces.

Area rugs

- The front legs of your living room's upholstered furniture should be sitting on the area rug. If they don't, it's too small.
- An area rug with a centre design pattern works best in a living room.
- If your living room is void of colour, then add some with an area rug and vice versa.

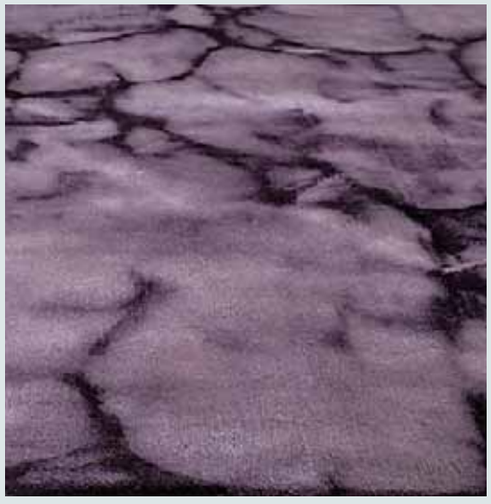
A few designer rules

- Be consistent with accessory colours used in each room.
- If choosing plain-coloured accessories, then make sure they have texture. This will add interest.
- Place accessories in groupings by area — for instance, the sofa and coffee table area, the mantel and the credenza. Accessorizing vignettes is easier than entire rooms.

Got a plain sofa? Add a patterned rug to wake up the living room. Buzz cotton dhurrie, $299, cb2.com.

A low glass bowl or tray helps to keep small items organized. Sandia Platter, $65, crateandbarrel.com.

Add life to a corner chair (or simply hide a stain). Mohair plaid throw, $199, zarahome.com.



A monochromatic area rug adds colour without a loud pattern. Douse rug in purple, $199, eq3.com.

Low vases are best for coffee and cocktail tables. Miramar vase, $91, crateandbarrel.com.

Pillows become art. Family pillow cover, 12 x 19.5 inches, $50, zarahome.com.

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Flowers are arranged in a pumpkin that's been carved to look like Jack Skellington from The Nightmare Before Christmas.
PETER KRUMHARDT/MEREDITH CORPORATION/THE ASSOCIATED PRESS

Think there's only one way to use a Halloween pumpkin?

Seasonal projects. From bird feeders to vases, here are some creative ways to use that iconic squash

When is a pumpkin not a pumpkin? When it's a jack-o'-lantern, sure, but Halloween's jolly orange elf can be so much more. "For me, it's like my favourite time of year when you see them out in the marketplace," said Marcie McGoldrick, editorial director of holiday and crafts for Martha Stewart Living magazine.

Whether outside or at a party, pumpkins are an "icon of the season that people really try to transform every year," she said. "It's always fun to see what people do."

Pumpkin bowling
Decorate butternut squash like bowling pins and set them up on grass to entertain kids. Arm your young guests with a smaller variety, sugar pumpkins, leaving the stems on for easy slinging down the "lane," McGoldrick suggests.

"The stems are really strong and make it easy for kids, and the pumpkins will still roll." Another good kid game: pumpkin leap frog, she said.

Pumpkin coolers
Cut a carving pumpkin open about a third down from the stem, or wide enough to accommodate wine, beer and soda. Clean and fill with ice. Insert a plastic or glass bowl to prevent leakage or softening as ice melts.

Carve out toothy jags around the lip for effect. You can paint the pumpkin ghostly white or spooky black and adorn with store-bought webs crawling with faux spiders.

Pumpkin vases
Rather than cut, scoop and fill with ice, how about cutting, scooping and poking in your favourite seasonal flowers? Try orange Chinese lantern flowers. Or go for scary flourishes like faux flies and snakes wending through wilty blood red roses.

Fill with dirt and use a pumpkin as a planter that can go straight into the ground after a few days on Halloween duty. Arrange small pumpkins, colorful gourds, Indian corn and crunchy leaves in a windowbox.

For the birds

- Why should humans have all the pumpkin fun? Create bird feeders by poking holes along the pumpkin's sides for hanging with rope by a tree branch, or just leave one sitting on a fence post.
- Scoop and cut a wide hole or scoop, clean and cut smaller holes with perches. Any birdseed would work. Live in deer country? They'd appreciate a pumpkin, too.

Pumpkin servers
Cut, scoop, clean and brush insides with oil. Season and bake on a baking sheet as individual servers for soup. Or use them raw for crudites or candy. Punch bowl? Yes, with a regular bowl inside. McGoldrick said individual servings of stew might also be good in a seasoned, softened pumpkin bowl.

Pumpkin candle holders
Pumpkins are often set alight by votive candles, but try poking holes and turning them into candlesticks. Or cut out the stem and nestle a little tea candle in the crook of an uncut pumpkin. Find a tall, narrow one and add an inexpensive glass hurricane top to be lit by a votive. THE ASSOCIATED PRESS

For Halloween party decor go with creepy — not cute

Halloween, the holiday built around the twin pleasures of playing dress-up and eating too much candy, is obviously a hit with children.

But send invitations to your grown-up friends and you'll probably find they haven't outgrown the urge to don creepy costumes and celebrate in spooky, theatrical style.

Want to host a party that merges Halloween fun with grown-up sophistication? Turning your home into a haunted mansion is surprisingly easy, says interior designer Brian Patrick Flynn, founder of Flynnside Out Productions. Just ditch the cheerful orange pumpkins and smiling ghosts for darker, more creative decor. "Stay away from anything cute," Flynn says, "and instead opt for creepy chic."

Here Flynn and two other design experts, Jon Call of Mr. Call Designs and the latest HGTV Star winner, Tiffany Brooks, offer decorating advice for a memorable, stylish and affordable Halloween party.

Natural fabrics
Cheesecloth evokes ancient mummies, while burlap brings to mind scarecrows. Both fabrics are inexpensive and lightweight, but sturdy — perfect for Halloween party tablecloths.

These solid-colour pieces also have a more adult feel than the whimsical prints on Halloween tablecloths or napkins designed for kids.

Call likes using large sheets of brown craft paper on buffet tables or as a runner down the centre of a Halloween dining table. Cluster small gourds (the darker and more oddly shaped, the better) along the runner, he says, then add a few large pillar candles.

Flynn says you can make your home's entryway extra creepy by soaking large pieces of cheesecloth in tea, then shredding the cloth once it's dry. Hang the pieces from the ceiling above your porch or drape it from walls with a few well-placed nails to conjure up the feel of a haunted house.

For this inexpensive but spooky Halloween party display, designer Brian Patrick Flynn soaked the labels off empty bottles and spray-painted them black. He then used scrapbook labels to add new names such as Eye of Newt and Deadly Nightshade. BRYAN PATRICK FLYNN/HGTV.COM

Weird walls

- Take down any cheerful artwork and replace it with old portraits from thrift shops or flea markets. Halloween stores sell deliberately creepy portraits made for this purpose, but it's more fun to hunt down real paintings, says Flynn.

Dark and dangerous colours
All three designers suggest using a muted palette of greys, browns and black. Brooks suggests spray-painting pumpkins glossy grey to create a glamorous centrepiece. Use orange only as an accent, Flynn says, perhaps adding a few orange napkins to an otherwise black and grey table setting. THE ASSOCIATED PRESS

Here, designer Brian Patrick Flynn creates the illusion that Halloween party guests will become the feast by adding pairs of black leather belts to chairs.
BRYAN PATRICK FLYNN/HGTV.COM

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Stock your toolbox, Amish-style

DIY. Craftsmanship is at the forefront as rapper and renovator Vanilla Ice heads to Ohio to learn from the masters

Hand tools are great for both beginner woodworkers looking to learn basic skills and seasoned professionals wishing to take their craft to the next level. With some essentials like a hammer, a screwdriver set, some wrenches and a small investment in the following tools, it's possible to create basic furniture pieces like chests or chairs with unique character.

In his new renovation show, rapper-renovator Rob Van Winkle, better known as Vanilla Ice, heads to Holmes County, Ohio, the largest Amish settlement in the U.S., to see traditional workmanship first-hand.

Chisels

There are hundreds of chisels available, but owning just a few of these versatile tools will help make any project easier. Chisels are incredible for simple tasks like removing glue, and they can also create a guide to make hand sawing easier and more accurate.

With the right type and shape, chisels can even replicate impressive dovetail joints often seen on drawers or chests. It's important to make sure the chisels are sharp before using them, as dull blades could damage the wood or lead to injuries.

Hand plane

A hand plane is made up of a body that acts as a grip and a narrowly protruding knife on the bottom that strips thin layers of wood. Planes are excellent for producing flat and smooth surfaces. It's a useful tool to have around to shave down doors that stick instead of hand sanding or buying a power sander.

To add detail to your project, use a hand plane to give your edges a nice bevel. Like chisels, there are many different planes available, so talk to a professional to make sure you have the right one for the job.

Draw knives and spoke shaves

Draw knives and spoke shaves consist of a blade with a handle on either side, similar to the shape of bicycle handles. Both are great for carving out curves to make beautiful chair or table legs.

Draw knives remove a lot of excess material quickly and are excellent for starting a curve. The spoke shave removes less material but is better for refining a curve and adding detail. Raising or lowering the handle on a draw knife helps control the depth of the cut, whereas a spoke shave has built-in adjustments for more accuracy and finer cuts.

Vanilla Ice Goes Amish

- Follow Rob Van Winkle as he joins the Amish to learn the lost art of hand craftsmanship in Vanilla Ice Goes Amish, Sundays at 10 p.m. on DIY Network Canada.

A finished kitchen from the premiere episode of Vanilla Ice Goes Amish features marble counter tops, hardwood cabinets and gas lighting fixtures.
COURTESY MICHAEL F. MCELROY/HGTV

With traditionally large families, Amish kitchens see a lot of action, and the idea in this case was to create a better design for family gatherings. Van Winkle worked with a local construction crew on the project.
COURTESY MICHAEL F. MCELROY/HGTV

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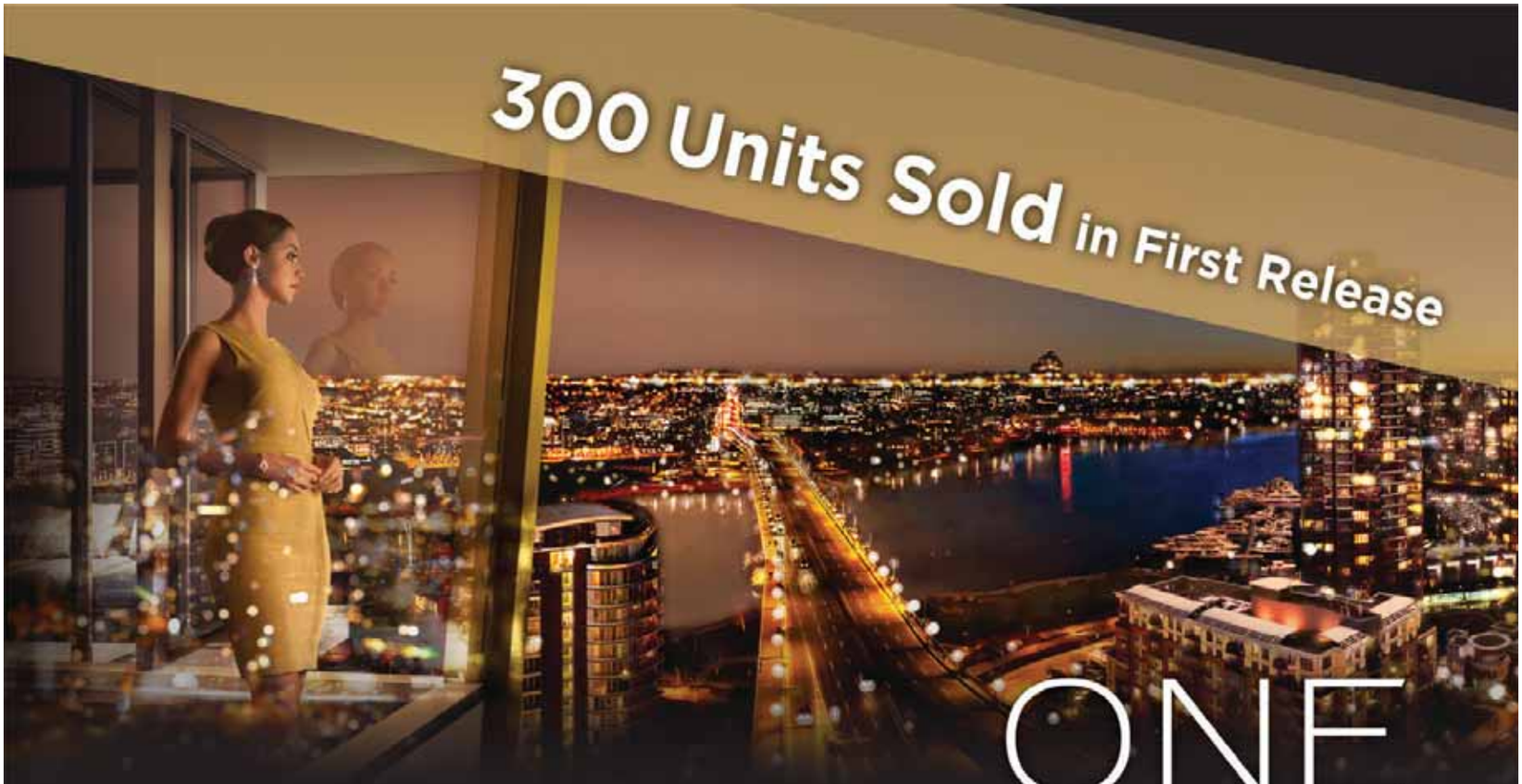

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Going with the faux

Decorative finishes.
Transform your home into something it's not using a few visual tricks

Phoebe Taylor's 20-year-old suburban Atlanta ranch house began plain and "builder grade."

A professional decorator, she transformed it with faux-wood beams, decorative moulding and a gold-spun paint job that looked like "soft marble." Her vision: "What our dream house would have been if we had gone out and bought it."

It's called Going Faux — turning homes into something they basically are not through prefab architectural embellishments and eye-tricking wall finishes. Enthusiasts say there's no reason for even the most budget-conscious among us to live a cookie-cutter existence.

"My house was not an expensive house. But even the million dollar houses don't have this kind of detail," says Taylor, adding that she recently sold the house in just one day.

Other "faux" features to consider include ceiling decals that look like parts of elaborate chandeliers, cabinetry embellishments and painted wainscoting.

Lee Gamble, a Steamboat Springs, Colo.-based designer and painter who specializes in faux finishes, says a homeowner can change anything with desire and patience — even ambitious projects like, say, making the interior of a standard subdivision home look like a cozy Tudor or classic Colonial, or like something out of the rustic West.

DIY upgrade

"I have seen some trailer homes that have more personality to them thanks to paint, sweat equity, buying some lumber, and their owners using their creativity."
Lee Gamble, a designer and painter who specializes in faux finishes

Left, a faux medallion accents a wall in a residential home. Adding architectural and decorative elements such as faux-wood beams, medallions and moulding enhances otherwise simple rooms. Right, a master bathroom gets kicked up a notch with the addition of architectural details. COURTESY FYPON/THE ASSOCIATED PRESS

The Internet is a DIY decorator's best friend, she says, offering inspiration and sources for adding architectural and decorative elements to a home.

Next is paint, which Gamble calls "the cheapest way to improve your house" — and it's about more than just giving the walls new colour.

Paint can be used to create illusions of architectural elements. For example, you can use blocks of colour on walls to create the look of moulding, or three variations of one colour for a three-dimensional look — an old technique called trompe l'oeil that can make your home look just a little more like the Palace of Versailles.

Paint can make high ceilings look lower — just extend the ceiling's colour to a lower point on the wall — or give them more height by going dark. Using different colours on the top and bottom halves of a wall can create the look of wainscot, Gamble says.

Ornamental appliqués that adhere to anything from cabinetry, walls, mantels and moulding to furniture and picture frames add ready-made detail without breaking the bank, she says.

The decorative appliqués, which can be painted, stained or glazed, are particularly helpful in transforming the look of kitchen cabinets.

"If they are in good shape and the flow works for you, then there is no reason to change them out," Gamble says, adding that the appliqués, paint and new cabinetry hardware can transform a "builder-grade kitchen" to any style from classic to contemporary.

"Suddenly you have a new kitchen," she says.

The products that make such projects possible are becoming easier to use, home designers say.

The manufacturer Fypon, for example, makes synthetic ceiling beams and medallions and decorative millwork that are lighter and more manageable than real wood, Gamble says.

Decorative millwork like, say, a sunburst pediment over a door, is an easy improvement to a room, says Kathleen Ziprik, a Fypon spokeswoman. THE ASSOCIATED PRESS

Faux-wood beams enhance a kitchen ceiling in a residential home. COURTESY FYPON/THE ASSOCIATED PRESS

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A warehouse you can call home

Vancouver. Former movie theatres, schools, commercial spaces and more find new life via 'building recycling'

Vancouver's Paris Block was converted from warehouse space to residential quarters. COURTESY ANKENMAN MARCHAND ARCHITECTS/THE CANDIAN PRESS

The concept of a house is changing as architects and home owners reinvent the buildings they decide to use for their homes.

Vancouver architect Tim Ankenman has been part of designing many spaces that he calls "building recycling."

Ankenman's designs repurpose abandoned warehouses or even multi-purpose commercial space, including movie theatres, into mixed-use residential spaces.

But the vision for his building recycling is based upon the same approach he uses for new buildings: making sure the spaces have the longest life possible.

"The main motivation for these projects is the environment," said Ankenman. "Even in our new buildings we are designing we try to keep in mind what could happen should that use ever change and we try to design the project accordingly.

"A lot of buildings that are purpose-built are stuck being what they were designed for, and either have to be torn down or undergo extensive renovations in order for them to be reinvented."

Ankenman has recently been involved in the conversion of two abandoned Vancouver warehouses: the Bowman Block on Beatty Street and the Paris Block on West Hastings.

While the environmental benefits of recycling old buildings is important, Ankenman said there are challenges such as zoning and seismic upgrades.

"You have to look at everything from the existing foundation to the ability to put in an elevator and new stairs and looking at whether there is the possibility to add storeys to the existing building and have it make economic sense," he said.

The benefits of recycling

"My living room is at least 2,500 square feet if not more. I was able to bring back the original clay tile floors and in the rest of the house, like the bathroom, I restored the terrazzo floors."

John Simpson, who brought urban lofts to a former 1965 elementary school in a town northeast of Kingston, Ont.

For both the Bowman and Paris Blocks Ankenman designed the buildings to accommodate commercial space on the bottom and either penthouses or studio and one-bedroom residential spaces in the upper floors.

Warehouse loft spaces have become increasingly common in cities like Vancouver, but in Escott, Ont., northeast of Kingston, one entrepreneur brought urban lofts into a former elementary school.

John Simpson had originally purchased the school with the intention of converting it to a seniors complex. When he ran into issues with the surrounding farmland he decided to make the school his home with options for generating income through offices and self-storage units.

"My son and my daughter thought I was crazy when I bought it," said Simpson. "I had a beautiful farm where I raised horses, alpacas and llamas.

"They couldn't figure out why I would go from that to an old commercial building, but I'm a big hit now that I've done it. All the birthday parties, anniversaries and get-togethers are at my place now because of the space."

Switching the building from a 1965 elementary school to something suitable to live in required a considerable financial investment by Simpson. He said the renovation cost between $220,000 and $240,000.

But instead of changing the character of the space, Simpson worked on restoring much of the school's charm and adapting it to his residence. "My living room is at least 2,500 square feet (232 square metres) if not more," he said. "I was able to bring back the original clay tile floors and in the rest of the house, like the bathroom, I restored the terrazzo floors."

In Simpson's bedroom, which was once the former school's performance stage, he brought back the original birch floors. "A lot of it was in great shape but needed to be revamped," he said.

THE CANADIAN PRESS

An artist's rendition of a plan to convert a former movie theatre to mixed-use commercial-residential space.
COURTESY ANKENMAN MARCHAND ARCHITECTS/THE CANADIAN PRESS

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A house with a view, inside and out

Renovations. For this beach-house project in Mill Bay, B.C., a vaulted ceiling adds airiness

An overhead view of the interior of Ken Bartesko and Glenda Griffin's beach house in Mill Bay, B.C. CHAD HIPOLITO/THE CANADIAN PRESS

There's every expectation when invited to a beach house that the most prominent feature will be the view outside. But after stepping inside the house owned by Ken Bartesko and Glenda Griffin, it's impossible not to keep looking up.

The vaulted ceiling's white beams and contrasting black metal tie rods crisscross the structure, creating what the couple said was some much-needed head room over the main living space in the 1,800-square-foot, three-bedroom, two-bathroom home.

When the prospective buyers first viewed the property, the outside was spectacular, with a pond, trellis work and gardens worthy of charging admission.

The beach home didn't come close to matching that. In fact, Bartesko described the house as "dark and tacky" on the first walk-through in September 2011.

But for Bartesko, it was still "love at first sight," and the couple set off with what he called "foolish optimism" when they took possession in November 2011.

What resulted was a year-long renovation odyssey, creating what feels like a huge space without the trouble of putting on an addition.

But the couple also uncovered a long list of problems with the home they at first believed was "affordable waterfront" property.

Located in Mill Bay, B.C., the beach view from the back of the home faces east and overlooks the Saanich Inlet, the Saanich Peninsula and, in the distance, several Gulf Islands. It's about a 30-minute drive into Victoria over the Malahat Highway.

Bartesko is a residential designer with a degree in architecture, while Griffin — who jokes her middle name is Renovate — has been building or renovating her own homes for most of her adult life.

The possibilities lured them in with the first viewing. The ceiling on the 900-square-foot main floor was just seven feet nine inches high, shorter than the standard eight-foot ceiling.

But Bartesko's experience in home design also helped him see the light.

"I stuck my head up into the attic, which was just used for storage, and there was beautiful light up there. There was a window at each end. ... I just saw the potential of opening it all up and vaulting the ceiling and making it one big space."

Griffin said they began imagining what the home would look like with southern-exposure sun filtering down into the living room.

"Once Ken decided what the possibilities were going to be, the beams are big and structural and because the space is not that big the way to make it feel bigger was to make it all one room and give that ceiling the height that it actually deserved, to help make the whole 900 square feet (feel like) 1,700 square feet."

After negotiating the price down to accommodate a new septic system, they took possession in 2011 for what Griffin knew would be a daunting renovation. But even the seasoned renovators weren't prepared for what they found. "Crooked walls, crooked floors," Griffin said, sighing.

"Really bad, wrong plumbing and bad and dangerous electrical," Bartesko added. Many of the walls needed to be taken back to the studs. "We ended up doing way, way more than we had planned on," he said.

When the decision was made to open the ceiling, Bartesko worked with a structural engineer on the best option and they decided to use the rods. "We certainly didn't want a post in the middle of the room. It's small enough," Griffin said.

During the process of opening the ceiling, their builder pointed out that the seaside wall had wowed out over time.

"So part of the solution of vaulting the ceiling with all those beams up there was to crank that wall back up right and hold it in place with the beams we've got," Bartesko explained.

They could have used wood instead of the tie rods for the construction, but Bartesko said they liked the semi-industrial, edgy look and decided to celebrate the structure, painting the rods black against the beach-white ceiling.

THE CANADIAN PRESS

The back of the beach house overlooks the Saanich Inlet, the Saanich Peninsula and in the distance, several Gulf Islands.
CHAD HIPOLITO/THE CANADIAN PRESS

Whether sitting on the deck or their dock on the beach, the homeowners can see porpoises, seals, otters, eagles and the occasional killer whale.
CHAD HIPOLITO/THE CANADIAN PRESS

Full of possibilities

"We love to turn things around and this was just a blank slate. No matter where you looked there was an opportunity to turn it around." Homeowner Glenda Griffin

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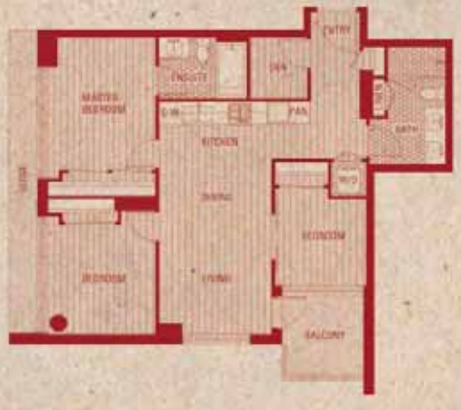

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westbank

Prairie plantings' natural grace

Gardening. This style of landscaping features native plants grouped in a natural-looking way, but it's a great fit with an urban setting

You don't need to live on the prairie to have a prairie garden. Natural landscapes featuring mainly native plants are being sown in yards across North America as environmentally friendly alternatives to turf grass.

These durable plant combinations include flowers, shrubs and trees. They require little attention, add year-round colour and interest and provide wildlife-friendly habitat.

"Many species found in prairies are native to other plant communities found outside the Midwest, such as woodland openings, meadows and barrens, as well as mountain and desert habitats," says Lynn Steiner of Stillwater, Minn., author of Prairie Style Gardens. "And even if these plants aren't native to your area, they are still often better choices than exotic plants that come from outside North America."

City and suburban gardens often aren't large enough to support meadows, but many prairie plants adapt well to smaller spaces, she said.

For more inspiration

- **Chicago's Lurie Garden:** luriegarden.org
- **New York City's High Line:** thehighline.org
- **Piet Oudolf:** oudolf.com/piet-oudolf

  Celebrated garden designer Piet Oudolf worked on both the above projects, and is considered a guru of the natural-planting style. His books include Planting the Natural Garden, Designing with Plants, and Dream Plants for the Natural Garden.

If you're visiting Chicago, head to the Lurie Garden in Millenium Park for a spectacular example of natural-looking garden design. CITY OF CHICAGO

"They tolerate less fertile soils, reducing the need for synthetic fertilizers. They thrive on less water, reducing water use. And they don't require heavy fossil-fuel input from mowing and trimming," Steiner said in an email.

Margaret Brittingham, an extension wildlife specialist with Penn State University, said it takes some effort to get prairie plants established "but once done, they're easy to handle."

"They're great for attracting birds and butterflies," she said. "You can use them for cut flowers, too."

Design suggestions

- Create borders using hedges, mowed edges, low fences or walkways. They act as buffers, keep plants from obstructing sight lines and frame an otherwise natural landscape, Brittingham said.
- Start small. Save money by converting from turf to meadow in manageable yet visible pieces. First, eliminate any trouble spots on the lawn, and then expand gradually, mimicking nature's processes of gradual succession.
- Find the right plants for the right sites. Don't plant sun-loving prairie flowers under shade trees, or plants that like their feet dry in low spots that collect run-off.
- Go native. Non-native species generally have less wildlife value, Brittingham said, and are often invasive, eliminating many native species. Check the noxious weed control lists issued for your area and ensure that none are included among the seeds you sow or in the containers you plant.

THE ASSOCIATED PRESS

A man with a vintage typewriter sits on New York City's High Line in front of natural-looking plantings of black-eyed Susans, Joe Pye weed and grasses. ISTOCK

Purple coneflower is a staple of prairie-style gardens. ISTOCK

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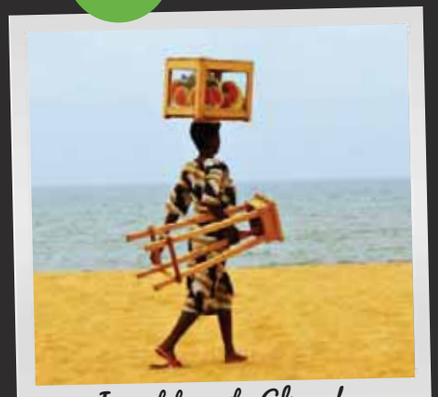

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A lasagna that levels the playing field between novices and experts

Slow-Cooker Lasagna

This recipe serves six to eight. CONTRIBUTED

"I first featured this recipe on Oprah," writes Jessica Seinfeld in The Can't Cook Book. "The response from beginners to cooking whizzes alike was extraordinary. Give it a whirl."

1. Finely chop the garlic and add to a medium bowl along with the tomatoes, oregano, salt, red pepper, and black pepper (about 12 turns on a pepper mill). In a separate bowl, mix together the ricotta, 1 cup of the mozzarella, and the Parmesan. Put the spinach in a salad spinner, wash, and spin dry. Now you're ready to assemble.

2. In the bottom of a 5- to 6-qt. slow cooker, spread a thin layer of the sauce. Top with 4 of the noodles (breaking to fit as necessary.) Spread 1 1/2 cups of the sauce over the noodles (be sure to cover completely with sauce so the noodles don't dry out). Layer with 2 cups of the spinach and 1 1/2 cup of the cheese mixture. Repeat twice more with the noodles, sauce, spinach, and cheese mixture. Top with the remaining 4 noodles, sauce, and 1 cup mozzarella.

3. Cover and cook on low until the noodles are tender, 3 to 3 1/2 hours. Test the noodles for doneness by inserting a paring knife in the centre of the lasagna (if it goes in easily, it's ready). BOTH RECIPES,

Don't panic

Chopping garlic may cause you concern, but the rest of it is just measuring, pouring and layering.

COPYRIGHT © 2013 BY JESSICA SEINFELD FROM THE CAN'T COOK BOOK PUBLISHED BY ATRIA BOOKS, A DIVISION OF SIMON & SCHUSTER, INC.

Ingredients and Tools

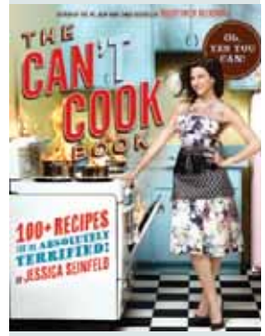
- 4 cloves garlic
- 2 cans (28 oz each) crushed tomatoes
- 2 tbsp dried oregano
- 1/2 tsp kosher salt
- 1/4 tsp crushed red pepper
- 1/4 tsp freshly ground black pepper
- 2 containers (15 oz each) whole milk or part-skim ricotta cheese
- 2 cups (8 oz) grated mozzarella (1 cup + 1 cup)
- 1/4 cup grated Parmesan
- 5 oz fresh baby spinach (about 6 packed cups)
- 16 lasagna noodles (about 3/4 of a 1-lb box)

Tools

- 5- to 6-qt slow cooker, 2 medium bowls, cutting board, chef's knife, cheese grater (if grating it yourself), salad spinner, measuring cups and spoons, 2 spoons, paring knife

Cookbook of the Week

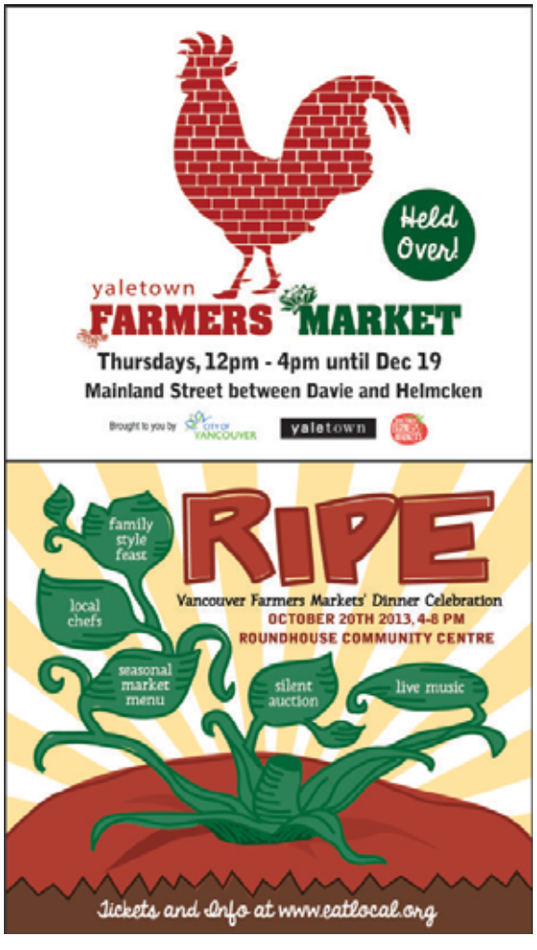
Conquer the kitchen



If you and the kitchen don't get along, Jessica Seinfeld's The Can't Cook Book is for you.

Seinfeld's calm approach to cooking will put any nervous cook at ease. At the beginning of each dish, she explains up front what the challenge will be and then shows readers exactly how to overcome the hurdles.

Among the recipes you can master with The Can't Cook Book are Fresh Berry Crumb Bake, Hoisin Halibut, Simple Peppercorn Steak and more. METRO



Back to roasted chicken basics

"This is too easy and essential for the carnivore not to learn. It's the first recipe I teach my Can't Cook friends," writes Jessica Seinfeld in her book The Can't Cook Book.

1. Heat the oven (with the oven rack in the middle) to 425 F.

2. Let's get everything ready before you touch the chicken: wash the lemon and pierce several times with the tip of a paring knife; wash the rosemary sprigs. Set out your oil, salt, and pepper. Keep paper towels handy.

3. Remove and discard the packet of giblets from the chicken. Wash the chicken inside and out and pat dry with paper towels. Measure the oil, then drizzle and rub it over the chicken. Measure the salt and pepper (about 24 turns on a pepper mill) and sprinkle on the chicken, inside and out. Stuff the lemon and whole rosemary sprigs into the cavity. Snip a forearm's length of kitchen twine and tie the legs together.

4. Place the chicken in the skillet and transfer to the oven (legs facing back). Roast until an instant-read thermometer reaches 165 F when inserted into the thickest part of the thigh, 50 to 60 minutes (check after 50 minutes). Transfer to a clean cutting board and let rest 5 to 10 minutes before carving. After it's carved, reheat the pan drippings and drizzle over the chicken.

Ingredients and Tools

- 1 lemon
- 3 sprigs fresh rosemary
- 1 tbsp extra virgin olive oil
- 1 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- 1 whole chicken (4 lbs)

Tools

- cutting board, scissors, measuring spoons, paring knife, kitchen twine, large ovenproof skillet, kitchen timer, instant-read thermometer, chef's knife

This recipe serves four. CONTRIBUTED

Don't panic

Washing the chicken definitely freaks some people out, so be sure to keep paper towels handy for this recipe. Tying the legs together is easy. Carving is a fun adventure.

WHL

Giants acquire Trent Lofthouse from Victoria

At the bottom of the WHL Western Conference standings, with a league-worst 19 goals-for and injuries up front, the Vancouver Giants dipped into the trade market Wednesday.

The Giants acquired six-foot-three right-winger Trent Lofthouse from the Victoria Royals in exchange for an eighth-round pick in next year's Bantam Draft.

In 11 games this season with the Royals, the 18-year-old Lofthouse from Surrey, scored once and has two points.

Last season, Lofthouse scored four goals against the Giants combined in time with the Royals and Everett Silvertips.

"From what we saw last season, we saw a lot of upside," said Giants general manager Scott Bonner.

The Giants host the Kamloops Blazers at the Pacific Coliseum on Friday.

They've also just returned home with a rash of injuries to key veteran forwards and having lost all six games on their recent prairie road trip.

Bonner was hopeful that forward Travis McEvoy (upper-body injury) could return to the lineup against the Blazers, while another forward, Dalton Sward, also dealing with an upper-body injury, experienced a setback skating on Tuesday and likely won't return to the lineup.

It's expected the Giants will continue to make roster moves by way of the trade.

However, it appears any upcoming changes will not apply to the coaching staff, including bench boss Don Hay.

"If we were completely healthy, weren't in games, team looked disinterested … then they should look at myself and Don," said Bonner.

CAM TUCKER/METRO

Slow out of the gate

1-7-1-1

The Giants record through 10 games, which puts them last in the West.

2012 trade highlight of 'Nucks-Sabres tilt

NHL. Debate about deal that brought Zack Kassian to Vancouver in exchange for Cody Hodgson continues

CAM TUCKER
cam.tucker@metronews.ca

Cody Hodgson, who the Canucks traded away in 2012, will return to Vancouver with the Sabres on Thursday. JUSTIN K. ALLER/GETTY IMAGES

It's pushing two years since the Vancouver Canucks acquired Zack Kassian, a raw power-forward-in-the-making, from the Buffalo Sabres for a young centre in Cody Hodgson, just beginning to establish himself in the NHL.

The deal was announced right at the end of the 2012 NHL trade-deadline day, so naturally, under a national spotlight, it garnered plenty of attention.

To this day, the rewards of the deal from the Canucks' perspective are still debated. This isn't uncommon in Vancouver.

And the Kassian-Hodgson deal is likely to strike more conversations Thursday in Buffalo, when the Canucks take on the Sabres.

In dealing Hodgson, the Canucks said goodbye to a then-22-year-old player that was beginning to excel in his first full NHL season but was third on the depth chart behind the likes of Henrik Sedin and Ryan Kesler, and not likely to move up from there.

Kassian, now 22 years old with size at six-foot-three-inches tall and 214 pounds — and a mean streak to match — has the raw skills, yet they are still being refined.

Depending on who his linemates have been, Kassian has shown a scoring touch, particularly when paired with Daniel and Henrik Sedin.

It's Kassian's potential that got head coach John Tortorella amped up enough to call the young winger in the offseason, and declare in a press conference at the outset of training camp that he will be given "every opportunity to be a huge part of this team."

Kassian's 2013-14 season got off to a less-than-ideal start: It began with a five-game regular season suspension for a careless high stick that broke the jaw of Edmonton Oilers forward Sam Gagner during the pre-season.

In two games since coming back into the lineup, Kassian has gone without a point — too early on to judge him on this — and has one fight.

Meanwhile, Hodgson, even on a Sabres team that is 1-6-1 to begin the season, has one goal and six points.

In recent times, games between the Canucks and Sabres didn't provide much fodder. However, that won't be the case Thursday.

Gonzo leads Dodgers' power resurgence

Adrian Gonzalez homered twice and Zack Greinke gave the Los Angeles Dodgers the clutch performance they needed in a 6-4 victory over St. Louis on Wednesday that trimmed the Cardinals' lead to 3-2 in the National League championship series.

Carl Crawford and A.J. Ellis also went deep for the Dodgers, who rediscovered their power stroke just in time to save their season. They held on in the ninth inning, when St. Louis scored twice off closer Kenley Jansen before he struck out pinch-hitter Adron Chambers with two on to end it.

The best-of-seven series shifts back to St. Louis for Game 6 on Friday night, with ace Clayton Kershaw scheduled to start for the Dodgers against rookie Michael Wacha.

When those two squared off in Game 2, the Cardinals won 1-0 on an unearned run.

"This series is only getting started," Gonzalez said. "We like where we're at."

The Cardinals also led last year's NLCS 3-1 before losing three straight games to the eventual World Series champion San Francisco Giants.

"We're looking to do the same thing," Gonzalez said.

THE ASSOCIATED PRESS

The Dodgers' Adrian Gonzalez strokes one of his two home runs against the Cardinals on Wednesday in Los Angeles. JEFF GROSS/GETTY IMAGES

Red Sox, Tigers tied at 2

A revitalized Austin Jackson delivered in manager Jim Leyland's revamped lineup as the Detroit Tigers built a big lead and held on this time, beating the Boston Red Sox 7-3 Wednesday night to even the AL championship series 2-2.

- Batting eighth, he drew a bases-loaded walk in the second inning, then hit an RBI single in the fourth.

4 SPORTS

Canucks squad on the right side of Torts' law

THE HOCKEY NEWS
Rory Boylen
vancouver@metronews.ca

Vancouver Canucks head coach John Tortorella THE CANADIAN PRESS

When the Vancouver Canucks and New York Rangers indirectly traded coaches over the summer, it's safe to say most people thought Alain Vigneault would be the better fit in his new home.

But as John Tortorella says: safe is death.

So far in this young season, it's Tortorella who has had the better return. Outside of an Alexandre Burrows injury sustained while shot blocking and a shaky debut against the Sharks, there's been a lot to like about the Canucks.

For one, their goal scoring hasn't suffered under the new game plan. Through seven games, the Sedins are still sizzling, the defence has been productive and they average the 11th-most goals per game. It's a promising start to a new era that was, in theory, supposed to clamp down on creativity. But the way it's looking, Tortorella's system may shake more offence out of a team that had been trending less dangerous under Vigneault.

That's because, more than just shutdown defence, Tortorella's way of doing things demands hustle. And hustle means more pressure on the opposition, which is then forced into making hasty decisions. Currently, the Canucks average a fair amount of takeaways, improving what the totals were under Vigneault.

And of course, the more takeaways you have, the more puck possession time you have, which is an important barometer in today's age of advanced stats. When you think of Tortorella, you think of shot blocking, but there's so much more to his system than that, and, so far at least, the Canucks are looking fine.

Meanwhile, in New York, the Rangers look lost without Torts' system of responsibility. They've allowed at least four goals in four of their first five games, while Henrik Lunqvist has looked very human with an .887 save percentage.

The scary thing for the rest of the league — and especially the Western Conference — is that Vancouver is still settling into its new way of doing things.

But for those, myself included, who thought Vigneault would be the better fit of the two? The early returns have given us pause for thought.

Selanne seals it with No. 676

Anaheim Ducks winger Teemu Selanne celebrates scoring a goal against the Calgary Flames during the second period on Wednesday in Anaheim. Selanne scored the first goal of his 22nd NHL season, and the Ducks extended the best start in franchise history with their fifth straight victory, 3-2 over the Flames. ALEX GALLARDO/THE ASSOCIATED PRESS

NBA

Rose treats fans to vintage outing

Derrick Rose scored 22 points in his long-awaited return to the United Center court to lead the Chicago Bulls to a 96-81 pre-season victory over the Detroit Pistons on Wednesday night.

The way Rose was dominating, it was hard to believe nearly 18 months had passed since he suited up for a game in this arena. The explosiveness was back after he spent last season recovering from knee surgery, and when he wasn't finishing drives, the former MVP was hitting his free throws.

THE ASSOCIATED PRESS

Entering the Hall of Fame

"I thought I was dreaming, obviously — and I still am."

Curler Russ Howard describing his reaction to being named into Canada's Sports Hall of Fame. Joining Howard in this year's class of athletes are former NHL star Joe Sakic, cyclist Alison Sydor, five-time Paralympian Andre Viger and the 1992 Olympic champion women's coxless four rowing team of Kirsten Barnes, Brenda Taylor, Jessica Monroe-Gonin, Kay Worthington and Jennifer Walinga.

NBA. Canadian Olynyk's multi-faceted game continues to impress Celtics

Celtics centre Kelly Olynyk guards the Raptors' Amir Johnson on Wednesday night. THE CANADIAN PRESS

It's been a tough pre-season for the Boston Celtics, but rookie Kelly Olynyk is still finding ways to impress.

After a 99-97 loss to the Toronto Raptors on Wednesday night, his Celtics coaches and teammates have only positive things to say about the Toronto-born rookie.

"Highly skilled," Jeff Green said. "He's tremendously skilled. He can shoot the ball. He's got good range. He can run the floor and pass. For a guy just being in his first year, he's very skilled for his position."

Olynyk's hometown debut turned into a Raptors victory when Terrence Ross scored 19 points and Landry Fields added 14 points to lead Toronto to its third straight win.

Olynyk's first trip home in an NBA uniform, even during pre-season, was one he had been waiting to cross off his calendar.

"It was special," said Olynyk, who played high school basketball at South Kamloops Secondary. "It felt good to get out on the court I grew up watching and grew up idolizing."

Scoring 13 points (on 6-for-7 shooting) and grabbing nine rebounds in 26 minutes of action before fouling out in the final minute of the game, Olynyk heard an ovation from the crowd upon checking into the game.

"It's something you dream about as a kid," Olynyk said. "Especially growing up in Toronto, being born and raised here. It's definitely special."

Drafted by Boston with the 13th overall pick in the 2013 NBA Draft, the 22-year-old has impressed during summer league and pre-season campaigns.

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

	GP	W	L	OL	SL	GF	GA	Pt
d-Toronto	7	6	1	0	0	27	16	12
d-Pittsburgh	6	5	1	0	0	23	15	10
Detroit	7	5	2	0	0	18	16	10
Montreal	6	4	2	0	0	20	10	8
Tampa Bay	6	4	2	0	0	23	15	8
Carolina	7	2	2	1	2	15	21	7
Boston	5	3	2	0	0	12	8	6
Ottawa	6	2	2	1	1	15	19	6
NY Islanders	6	2	2	0	2	19	17	6
Columbus	5	2	3	0	0	12	12	4
NY Rangers	6	2	4	0	0	11	25	4
Washington	7	2	5	0	0	17	24	4
Florida	7	2	5	0	0	16	28	4
New Jersey	6	0	3	1	2	11	21	3
Buffalo	8	1	6	1	0	11	21	3
Philadelphia	7	1	6	0	0	10	20	2

WESTERN CONFERENCE

	GP	W	L	OL	SL	GF	GA	Pt
d-San Jose	6	6	0	0	0	30	9	12
d-Colorado	6	6	0	0	0	21	6	12
Chicago	6	4	1	0	1	18	15	9
Phoenix	7	4	2	1	0	20	21	9
St. Louis	5	4	1	0	0	21	13	8
Anaheim	5	4	1	0	0	18	12	8
Calgary	5	3	0	1	1	18	17	8
Vancouver	7	4	3	0	0	20	22	8
Minnesota	7	3	2	1	1	17	17	8
Los Angeles	7	4	3	0	0	17	19	8
Nashville	6	3	3	0	0	13	18	6
Winnipeg	7	3	4	0	0	17	19	6
Dallas	5	2	3	0	0	11	14	4
Edmonton	7	1	5	1	0	21	32	3

d — division leader; x — clinched playoff berth.

Wednesday's results
NY Rangers 2 Washington 0
Calgary at Anaheim

Tuesday's results
Toronto 4 Minnesota 1
Pittsburgh 3 Edmonton 2
Vancouver 3 Philadelphia 2
Ottawa 4 Phoenix 3 (OT)
San Jose 6 St. Louis 2
Colorado 3 Dallas 2
Nashville 4 Florida 3
Tampa Bay 5 Los Angeles 1
Chicago 3 Carolina 2 (SO)
Buffalo 4 NY Islanders 3 (SO)
Montreal 3 Winnipeg 0
Detroit 2 Columbus 1

Thursday's games

All times Eastern
Vancouver at Buffalo, 7 p.m.
Edmonton at NY Islanders, 7 p.m.
Carolina at Toronto, 7 p.m.
Pittsburgh at Philadelphia, 7 p.m.
Minnesota at Tampa Bay, 7:30 p.m.
Columbus at Montreal, 7:30 p.m.
New Jersey at Ottawa, 7:30 p.m.
Boston at Florida, 7:30 p.m.
Los Angeles at Nashville, 8 p.m.
St. Louis at Chicago, 8 p.m.
San Jose at Dallas, 8:30 p.m.
Detroit at Colorado, 9 p.m.

Friday's games
St. Louis at Winnipeg, 8 p.m.
Phoenix at Anaheim, 10 p.m.

MLB PLAYOFFS

LEAGUE CHAMPIONSHIPS

(Best-of-7 series)

NATIONAL LEAGUE

ST. LOUIS (1) VS. L.A. DODGERS (3)

(St. Louis leads 3-2)
Wednesday's result
L.A. Dodgers 6 St. Louis 4
Tuesday's result
St. Louis 4 L.A. Dodgers 2
Friday's game — All times Eastern
L.A. Dodgers (Kershaw 16-9) at St. Louis (Wacha 4-1), 8:37 p.m.

AMERICAN LEAGUE

BOSTON (1) VS. DETROIT (3)

(Series tied 2-2)
Wednesday's result
Detroit 7 Boston 3
Tuesday's result
Boston 1 Detroit 0
Thursday's game — All times Eastern
Boston (Lester 15-8) at Detroit (Sanchez 14-8), 8:07 p.m.

CFL

EAST

	GP	W	L	T	PF	PA	Pt
x-Toronto	15	9	6	0	425	394	18
x-Hamilton	15	8	7	0	384	401	16
Montreal	15	6	9	0	376	419	12
Winnipeg	15	3	12	0	313	486	6

WEST

x-Calgary	15	12	3	0	486	349	24
x-Saskatchewan	15	10	5	0	433	325	20
x-B.C.	15	9	6	0	421	390	18
Edmonton	15	3	12	0	349	423	6

x — clinched playoff berth.
Friday's game — All times Eastern
Calgary at Edmonton, 9 p.m.
Saturday's games
Toronto at Winnipeg, 3:30 p.m.
B.C. at Saskatchewan, 7 p.m.
Sunday's game
Hamilton at Montreal, 1 p.m.

NFL

Thursday's game — All times Eastern
Seattle at Arizona, 8:25 p.m.
Sunday's games
Cincinnati at Detroit, 1 p.m.
San Diego at Jacksonville, 1 p.m.
St. Louis at Carolina, 1 p.m.
Chicago at Washington, 1 p.m.
New England at N.Y. Jets, 1 p.m.
Buffalo at Miami, 1 p.m.
Dallas at Philadelphia, 1 p.m.
Tampa Bay at Atlanta, 1 p.m.
San Francisco at Tennessee, 4:05 p.m.
Cleveland at Green Bay, 4:25 p.m.
Houston at Kansas City, 4:25 p.m.
Baltimore at Pittsburgh, 4:25 p.m.
Denver at Indianapolis, 8:30 p.m.
Monday's game
Minnesota at N.Y. Giants, 8:40 p.m.

MLS

Wednesday's result
Montreal at Los Angeles
Friday's game — All times Eastern
D.C. at Kansas City, 8 p.m.
Saturday's games
Philadelphia at Montreal, 2 p.m.
Seattle at Dallas, 2:30 p.m.
Vancouver at Colorado, 6 p.m.
Columbus at New England, 7:30 p.m.
Toronto at Chicago, 8:30 p.m.
Salt Lake at Portland, 10:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
The approaching lunar eclipse in your sign could play havoc with your emotions over the next 48 hours. There is not a lot you can do about it except hold on tight and get past it.

♉ Taurus
April 21 - May 21
Frustration could be a problem today but don't let it get out of hand or you could say things that offend people in positions of power. Also, don't get angry with others for things that are your own fault.

♊ Gemini
May 22 - June 21
You may not get the level of co-operation you want from loved ones and colleagues today but so what? You have what it takes to make a success of your life — without help.

♋ Cancer
June 22 - July 23
You may be tempted to throw caution to the wind and force through changes that cannot later be undone but think carefully before you do. The fact is you may not be thinking at all right now. It's all emotion.

♌ Leo
July 24 - Aug. 23
Others will look to you to take the lead and you must not let them down. It may be tiresome having to be the one who always makes decisions but that's part of your special role in life.

♍ Virgo
Aug. 24 - Sept. 23
It might be wise to avoid making deals over the next two or three days. Tomorrow's lunar eclipse will make it almost impossible to get straight answers to straight questions. You have been warned.

♎ Libra
Sept. 24 - Oct. 23
You may be prepared to cut corners to get what you desire but the planets warn the consequences could be dire, so think before you act. Whatever you are planning, it won't hurt to leave it a day or two.

♏ Scorpio
Oct. 24 - Nov. 22
You may think that you are involved in a battle that you cannot win but don't throw in the towel. Tomorrow's eclipse could well clear away the obstacles in your path, leaving you well placed to seize victory.

♐ Sagittarius
Nov. 23 - Dec. 21
You know what you should be doing, so why are you not doing it? You are advised to leave it a few days because tomorrow's eclipse will disrupt things dramatically, hopefully for the better.

♑ Capricorn
Dec. 22 - Jan. 20
The fewer things you have to focus on today, the less chance there is that you will get into trouble. For best results, sit back and let life come to you.

♒ Aquarius
Jan. 21 - Feb. 19
You don't have to put on an act and pretend you are happy when you are anything but. Whatever it is that has annoyed you so much, make sure the world knows about it. Kick up a fuss and get it put right.

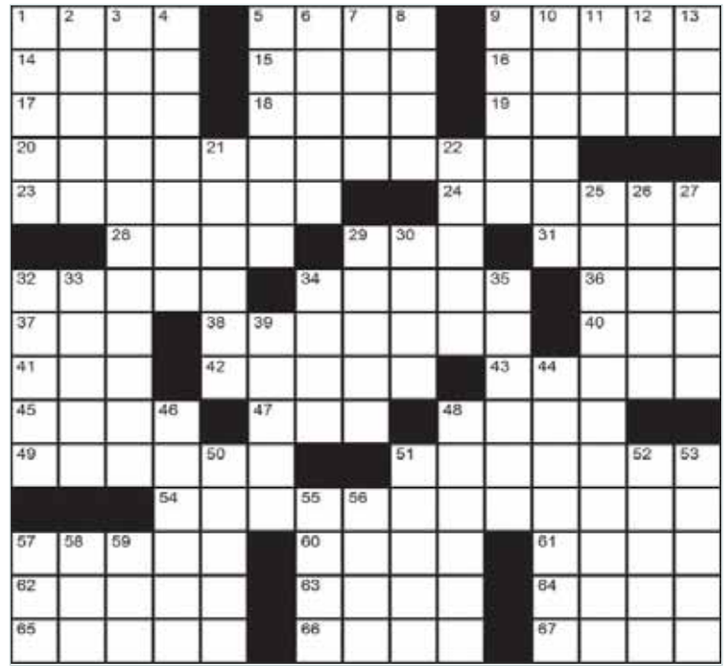
♓ Pisces
Feb. 20 - March 20
You will have to pick your way through a minefield of misinformation today. Listen to your instincts, but make sure you know all the facts too.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

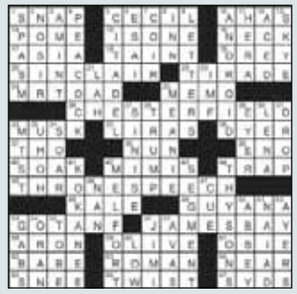
BY KELLY ANN BUCHANAN



Across
1. Learning basics
5. Rushed letters?
9. Real __ (Authenticity)
14. Billy Crystal sitcom
15. Sleuth's lead
16. Gnaw geologically
17. Money __ __ object
18. __ Saint-Luc, Quebec
19. Novelist Ayn's
20. Info-disclosing-link at a webpage's bottom: 2 wds.
23. Open land area
24. "Frida" or "Ray"
28. Abbrs. in business names
29. '_' __ in Jasper
31. Emperor of Rome
32. Annually, __ _ year
34. "The Crucible" (1996) setting
36. Resume no.
37. Mil. rank
38. River in Alberta; or, Valley in Manitoba
40. Murder trial's li'l bit of proof
41. Grammy competitor, e.g.
42. Gives the cold shoulder
43. Helps in dishwashing
45. His 'n' __
47. Filmmaker org.
48. City of France
49. Help in hockey goal-making
51. "I Will Wait" by __ & Sons
54. Created-in-Calgary cocktail: 2 wds.
57. Where Tripoli is the capital
60. Stench
61. Ailed, __ _ fever
62. Hall & Oates hit: "__ Education"
63. One-minus-One
64. __ a shirt in
65. Analyze/break down
66. Roughly: 2 wds.
67. "What's Hecuba to him __ __ to Hecuba..." - Hamlet

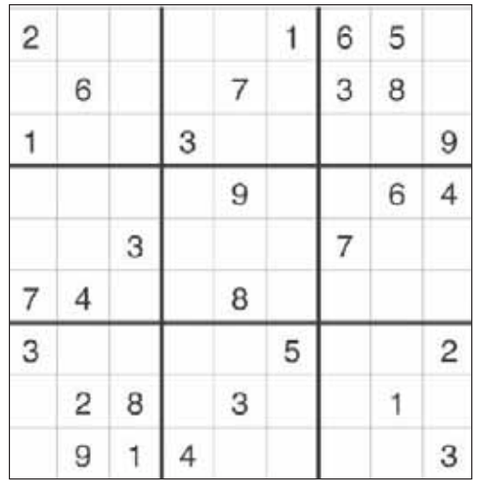
Down
1. Foreigner's "Cold __": 2 wds.
2. Fenway Park baseball team, to fans
3. Ancient Egypt: Containers used to store the mummy's internal organs: 2 wds.
4. City in Washington
5. Admission
6. Slippery __
7. Car
8. Chemical __ (Dermatology service)
9. Thanks, in Quebec City
10. Colouring book need
11. Jailbird
12. "The __ Couple"
13. Thumbs-up
21. HOW THIS IS WRITTEN: 2 wds.
22. Henrik __ (A Doll's House playwright)
25. Dino on "The Flintstones": 2 wds.
26. Songbook standard: "Goodnight, __"
27. Pepsis
29. __ the Hutt
30. Actress Ms. Larter's
32. D-Day beach
33. Monickers
34. Super pleased with oneself
35. Puccini opera, __ Butterfly
39. Put an __ (Halt): 2 wds.
44. Cite or make mention of: 2 wds.
46. Prophetesses of classical mythology
48. Clock kind
50. Writing tablet
51. "Saturday Night Live" alum Mike
52. Variety of salad dressing
53. Toronto-born rapper
55. Particular pasta
56. __ Lake, Nfld.
57. Jogger's once-around
58. Apples: __ Red
59. Li'l office

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

3	5	6	8	2	1	4	9	7
1	7	8	3	4	9	6	5	2
4	9	2	5	6	7	1	8	3
5	8	9	2	7	4	3	6	1
2	3	1	9	5	6	7	4	8
6	4	7	1	3	8	9	2	5
9	2	4	7	8	3	5	1	6
7	1	5	6	9	2	8	3	4
8	6	3	4	1	5	2	7	9

Today
14°/7°
Sunny

Friday
14°/8°
Sunny

Know what the weather will be 14 days from now.
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TWN incorporates MSC data

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24" Moffat Electric Range

Model: MCAS724MWW
Color: White

SALE PRICE **$399**

30" Electric Standard Clean Range

Model: MCBS523RWW
Color: White

SALE PRICE **$329**

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Model: MSD2100VWW
Color: White

SALE PRICE **$229**

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Color: White

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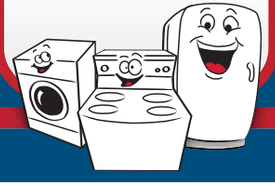

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